The Gardeners Labyrinth.

Containing a discourse of the Gardeners life, in the yearly trauels to be bestowed on his plot of earth, for the vse of a Garden: with instructions for the choise of Seedes, apt times for sowing, setting, planting, and watering, and the vessels and instrumentes seruing to that vse and purpose:

Wherein are set forth diuers Herbers, Knots and Mazes, cunningly handled for the beautifying of Gardens.

Also the Phisicke benefit of ech Herb, Plant, and Floure, with the vertues of the distilled Waters of euery of them, *as by the sequele may further appeare.*

Gathered out of the best approoued Writers of Gardening, Husbandrie, and Phisicke: by *Dydymus Mountain.*

LONDON.

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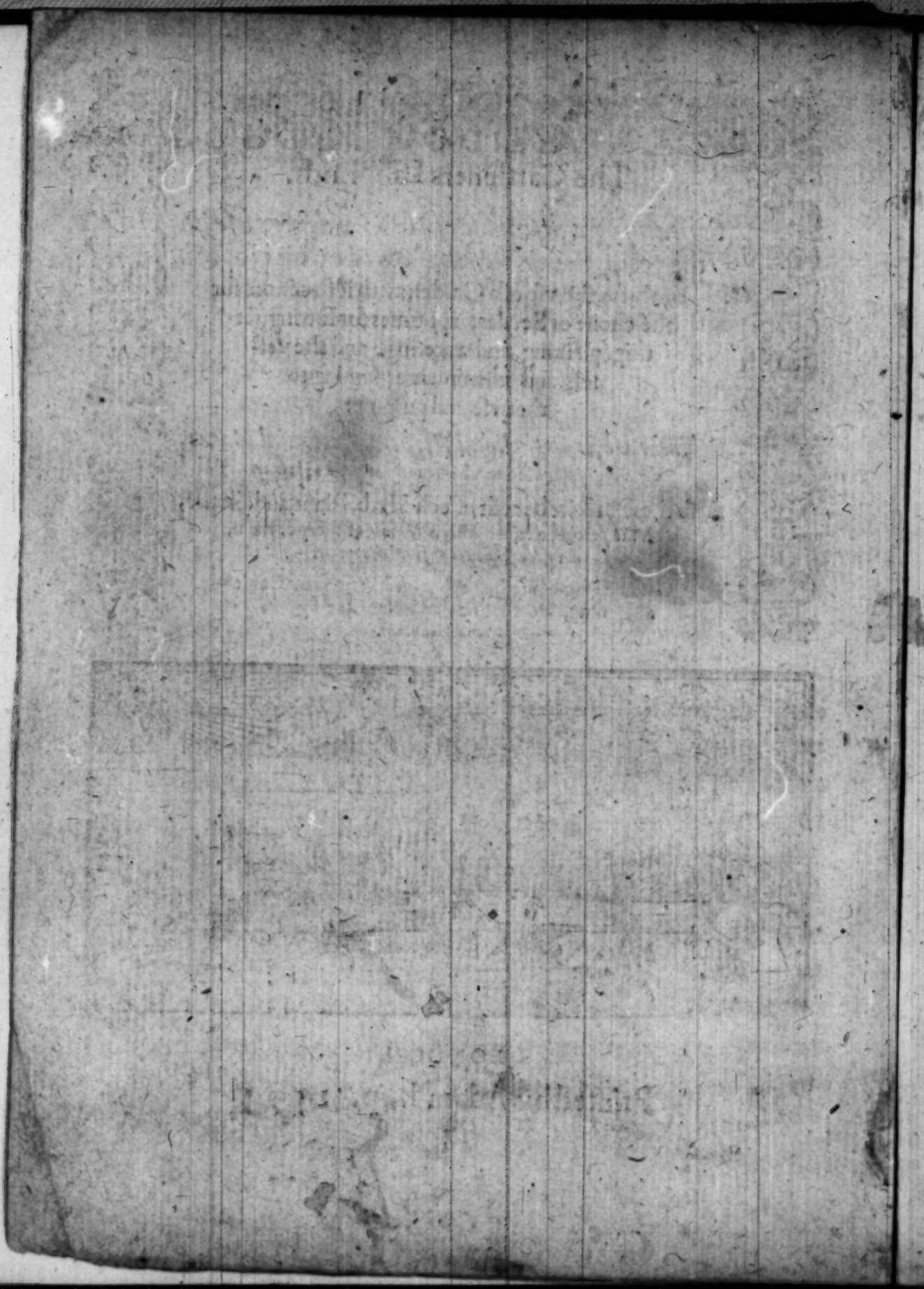

¶ To the right honourable and his ſingular good *Lord, Sir William Cecill, knight of the moſt noble Order* of the Garter, Baron of Burghley, Lord high Treaſurer *of England, &c. Henry Dethicke* wiſheth long health, with increaſe of honour.

COnſidering (right honourable) my promiſe plighted vnto my friend, (lately enterred) I was enforced to performe the perfecting of this Engliſh Treatiſe: otherwiſe I had not ſo willingly attempted to ſollicite your honour with this vulgar ſtile. And ſithens that reaſon requireth, and duetie demandeth, the ſatisfiing of the truſt in me repoſed, I doubt not but that mine enterpriſe will be allowed. Vnreaſonable were I, & deſtitute of all humilitie, if that I would obſtinatly neglect, the earneſt deſire of the deceaſed: likewiſe, worthy were I to be deemed vndutiful, & altogether vngrateful, if that I ſhould omit any oportunitie, whereby I might encreaſe ſo rare a commoditie to my country. I therfore reſpecting the requeſt of my friend, and tendering the profite of my countrey, haue craued herein (as heretofore in all other mine affaires) your honors protection, and the rather, for that I find none (your honor excepted) neither in aunti-

ent auctthoritie, neither by common consent, neither by present proofe, that hath more warily, & wisely, warded the weale of this countrey. In fine, to auoid tediousneße, I haue omitted all circumstances, whereby I might display the sundry commodities and rare rudiments, contained in this painful, & gainfull discourse: but surceasing to trauise farther in this terrestriall Gardeners Labyrinth, *I wish vnto your honour by daily Praier, the fruition of the Heauenly Paradise, crauing of the omnipotent & prouident God, the guider of that gorgeous Garden, that he would vouchsafe to grant vnto you, the sweet sauour of his chiefe fragrant floures, that is, his comfort to cleaue fast vnto you, his mercy to keepe you, and his grace to guide you, now and euermore.*

Your honours most humble
Henrie Dethicke.

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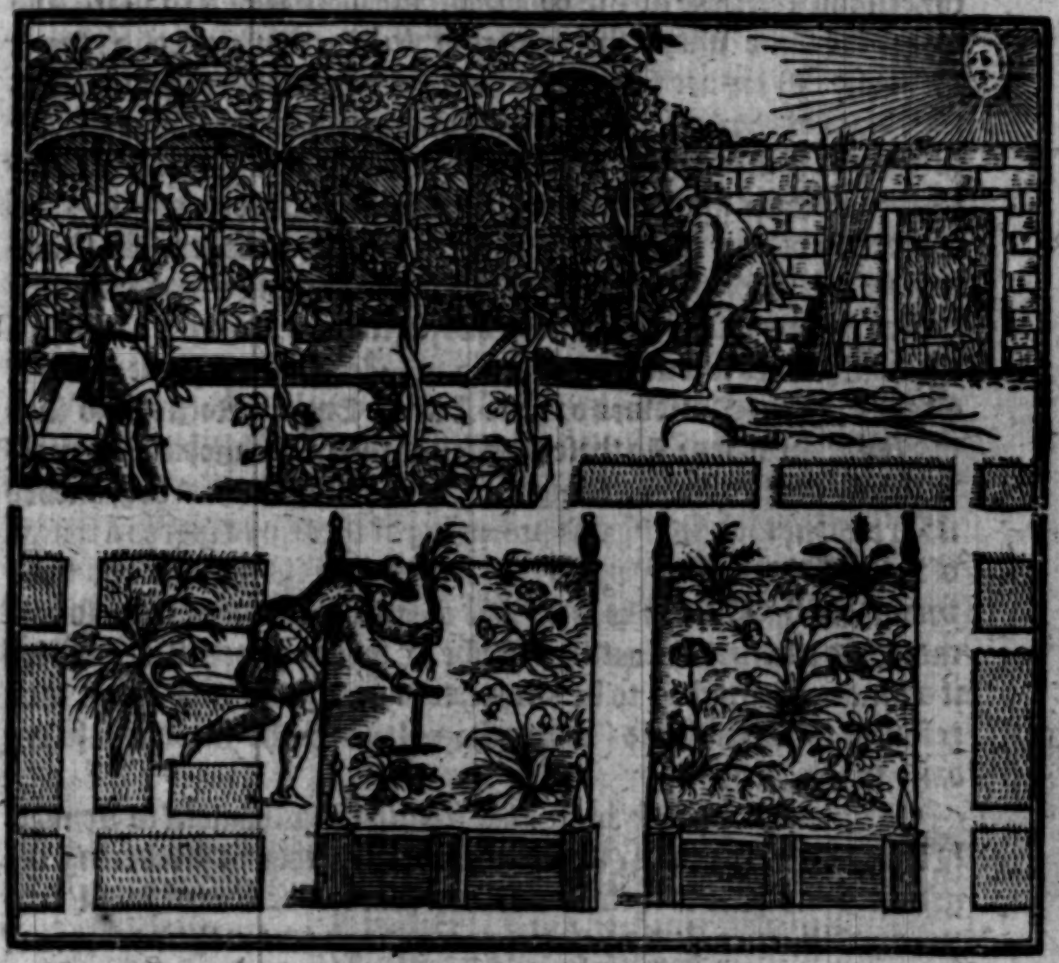
FINIS TABVLÆ.

The Gardeners Labyrinth, Containing the manifold trauels, great cares, and diligence, to be yeerly bestowed in euery earth, for the vse of a Garden: with the latter inuentions, and rare secrets thereunto added (as the like) not heretofore published.



The inuention of Garden plots, by whom first deuised, and what commoditie found by them, in times past. Chap. 1.

THe worthie Plinie (in his xix. booke) reporteth that a Garden plotte in the auncient time at Rome, was none other, than a small and simple inclosure of ground, which through the labour and diligence of the Husbandman, yeelded a commoditie and yeerelie reuenew vnto him. But after yeares (that man more esteemed

med of himselfe, and sought an easier life) deuised and framed this grounde plotte, for the minde, as for pleasure and delight: as may well appeare by that Epicure, of whom Cicero maketh mention, in his booke intituled De natura Deorum, who liuing at ease, and conceiuing a felicitie in the Garden, indeuoured first to place and frame the same within the walles of Athens, which before (as it should seeme) lay open, and vndefended in the wilde field, and the culture of it not had in so much estimation, as to place them nigh to their townes or houses: For which cause, doth Plinie (by good reason) rightly atribute the inuention of the delectable Garden to him. The Garden plottes, which the Antient Romanes possessed (as Plinie reporteth) were onely set about with trees, hauing a dead inclosure made onely of bushes, that needed reparing euerie yeare: in which especially were sowne the red Onions, Colewortes, great Leekes, Cresses, great Mallowes or holie Okes, Endiue, Rocket, and sundry sallat herbes: In these they found such a commoditie, as marueilously pleased them, seeing they by enioying the herbes, needed no fire about the dressing and preparing of them, and spared a charge of flesh, besides a daily profit that they got, by the herbs and wood brought to the Citie to be sold. The meaner sort of that time so litle cared and esteemed the eating of flesh, (who in generall accompted it a kinde of reproche, to be knowen to haue eaten flesh) that they refusing this taunt, did (as to a shambles or flesh market) haunt daily to the garden.

Columella reporteth lib 10. that ỳ Antient husbandmẽ so slenderly looked vnto (or rather forced of) Gardens, ỳ they in furthering the growth and yeld of their fruites and herbes, bestowed small trauel and diligence. And as they appeared negligent in their labours of the Garden, so were they well pleased with a mean liuing, insomuch that the common sort fedde and liued willingly on grosse and simple herbes. But after the age and people were reformed, and brought by the instructiõ of the Epicure, to a more delight of themselues in coueting to fede on daintie herbes and Sallates, with meats delectable, and taking an earnester care for the pleasing of their mouths, they laboured then to become skilfull, and to vse a greater care about the ordering and apt dressing of Garden plots, by well sensing and comely furnishing of their ground, with sundry needfull and delectable trees,

plants,

plants, and hearbes: in which trauels and diligence of the husbandmen, so good succesſe and commoditie ensuing, procured not only the willing carriage of hearbs, fruits, and other commodities farre off to be exercised vnto Cities and market townes, by which these through the sale obtained a daily gaine and yearely reuenew, for the aide of their houshold charges, but allured them also to place and frame gardens, as well within Cities and Townes as fast by, that a cost bestowed, might after possesse the procreation and delight of minds, besides the proper gaine made by the fruits, floures, and hearbes, gathered in them. The Garden plots at length, grewe so common among the meaner sort, that the charge and the chiefest care of the same, was committed vnto the wife, insomuch that these accounted not the wife of the house, to be a huswife indede, if shee bestowed not a paine and diligence as Cato reporteth in the weeding, trimming, and dressing of the Garden: but to be briefe, and leauing further to report of antiquitie, I thinke it high time to declare the effects and commoditie of this worke taken in hand, and first to intreat of the care, helpes, and secrets to be learned and followed in the garden ground: All which in a pleasant maner, shall after be vttered in distinct chapters, to the furtherance and commodity of many Gardeners, and all such hauing pleasure therein.

What care and diligence is required of euery Gardener: to these, what increase and commoditie a well laboured earth yeeldeth. Chap. 2.

THe husbandman or Gardener, shal enioy a most cõmodious and delectable Garden, which both knoweth, can, and will orderly dresse the same: yet not sufficient is it to a gardener, that he knoweth, or would the furtherance of the garden, without any cost bestowed, which the works & labours of the same require: nor the will again of the workman, in doing and bestowing of charges, shal small auaile, without he haue both art & skill in the same. For that cause, it is the chiefest point in euerie facultie and busines, to vnderstand and know what to begin and follow: as the learned Columella out of Varronianus Tremellius aptly vttereth. The person which shall enioy or haue in a readines these three, and will purposely or with diligence frame to him a wel dressed garden, shal after obtain these ii. cõmodi-

ties, as vtilitie and delight: the vtilitie, yéeldeth the plentie of herbs, flowres, and fruits right dilectable: but the pleasure of the same procureth a delight, and (as Varro writeth) a iucunditie of minde. For that cause a Garden, shall workmanly be handled & dressed vnto the necessarie vse and commodity of mans life, next for health and there-couerie of strength by sickneſſe feebled: as the singular Palladius Rutilius hath learnedly vttered, and the skilfull Florentinus, that wrote cunningly, of husbandry in the Greeke tongue, certaine yeeres before him: Lastly by sight vnto delectation, and iucunditie through the fragrancie of smell: but most of all, that the same may furnish the owners, and husbandmans table, with sundry seemely and daintie dishes, to him of small cost. The garden ground (if the same may be) ought rather to be placed néere hand, wherby the owner or Gardener may with more ease be partaker of such cõmodities growing in the Garden, and both oftner resort, and vse diligence in the same. So that this is the whole care and duety required of euery owner and Gardener, in their plot of ground. Yet may I not be vnmindfull, that the Garden doth also require a dunging, at the apt times: of which in the proper place we shall after intreat.

What consideration and choosing is to be vsed in any Garden plot with the goodnesse and worthinesse of euerie earth. Chap. 3.

As to the nature & goodnesse of a garden ground, the especialler that ought to be eschued, are a bitter, and salt earth of taste, if so be we meane to make a fertill, commodious, & well yéelding ground: for these two natures of earth, were very much misliked in auncient time, as may appeare by the skilfull Poet Virgill, who saith that euery earth is not allowed or commended, for the yeeld of Garden herbes. For which cause, the minde of the auncient husbandmen is, that the Gardener by taking vp a clod of earth, should artly trie the goodnes of it after this maner: in considering whether the earth be neither hote and bare, nor leane by sand, lacking a mixture of perfit earth: nor the same found to be wholly Chalke, nor naughty sand: nor barraine grauell, nor of the glistering powder or dust of a leane stony ground, nor the earth continuall moyst, for all these be the speciall defaults of a good and perfit earth. The best ground for a Garden,

den, is the same iudged to be, which in the Summer time is neither verie drie, nor cleyie, nor sandie and rough, nor endamaged with gapings, procured by heat of the summer, as the worthy Didymus, in his Greeke instructions of husbandrie writeth. Wherfore the earth which in summer time is woont to be drie, either perisheth or loseth all the sedes sowne, and plants set in it, or yeeldeth those thinne, and weake prouing on the ground. For the cleyie ground of it selfe, ouer fast holdeth: but the sandie and rough, in a contrary maner: so that neither is woont to nourish plants, nor retaine water. Therefore an apt earth for a garden, shall you readily trie and finde out if the same through wet and dissolued with water, you shall see to haue a much clamminesse and fatnesse. In which ground, if a watrinesse shall excede, then shall you iudge the same disagreable and vnfruitfull: if dissoluing the earth with water, you shall finde the same verie clammie or much cleauing to the hand and fingers, as if it were wax, this earth shall you account, as wholly vnprofitable. Plinie willeth that a garment plot before all other matters done to it, be very well clensed of stone, and to these, that the earth prooue not full of chappes, or but few to be seene, least the sunne beames entring betweene, may so scorch and burne the rootes of the plants. For which cause, the best and gentle or worthiest earth shall be chosen, in which you minde to commit your sedes: or for the same, that the nource as a mother, may often agree to the fruit, or yeeld to be an aider and furtherer to it.

Certaine plainer instructions, much furthering the Gardener, in the knowledge and choice of a good and battell ground, with other matter necessarie. Chap. 4.

The Gardener minding to trie and know a fat earth, for the vse of a garden, shall worke after this maner: in taking a little clod of the earth and the same to sprinkle with faire water, kneading it well in the hand: which after appearing clammie, and cleauing or sticking to the fingers, doth vndoubtedly witnes that earth to haue a fatnes in it. An other triall of a battel earth, may thus be purchased, if you digge vp a rotten clod in a maner blacke, and the same able inough to couer it selfe with the growth of ỹ own grasse, & appearing also of mixt colour, which earth, if it be found thinne and close may

well be fastened and made clammie, through the adioyning and mixing of a fat earth to it. The garden ground doth also require a sweetnesse to consist in it which the Gardener shall easilie find and know, by taste of it: if so be hee take vp a clodde of the earth in anie part of the ground which most misliketh him, and moistening the clod with faire water in an earthen pot harde, doth after the dipping of the finger in this moist earth and water, let a drop softly fall on the tongue he shall incontinent feele and perceiue (by reason of the taste) of what condition the same is. Further, euerie fat earth being reasonablie loose, is euermore commended and chosen, which of it selfe requireth small labour and yeeldeth the most encrease. But worst of all others is that ground, which shall be both drie and grosse, leane and colde. In the kindes of ground, the chalke is to bee refused: which properlie the auncients name, the cleyish, and reddish earth. The worthie Varro commended the same ground, which of it selfe being drie and pliable, yeeldeth properlie wallwurts. The same earth doeth Columella greatly allow, which of the owne accord: yeeldeth or bringeth foorth wilding or Crabbe trées, young springes, the Slow or Bullesse trées, Elme trées, and such like. So that a battell ground, is on such wise found and knowne: the rather of the crescent thinges, séene in it of the own accord: yet of necessitie may euerie ground well agree, to be mired and tucned in with dunge. Florentinus vttereth an other tryall of a fruitfull ground: if so be the Gardener diggeth vp a furrow, of a foote and a halfe deepe, and filleth the same againe with the own earth, which in short time after gapeth or choppeth, this no doubt, is a weake and leane earth, but if the earth thus ordered, swelleth or retcheth out then is it a sure note, that the same is a battell and fat ground. And this is noted to be a meane earth, which after the digging and raking euen, gapeth but a little. This I thought not good to be couered, nor willingly ouerpassed: that a garden plot situated or standing neare to a mote, or compassed by a mote, is not alwaies laudable, in that the seeds bestowed in the same, and diuers plants set in it, do lightly and soone through the water vapouring forth, waxe old: yea the fruites (whether those shalbe of the hearbes or trées) are for the more part caused vnpleasant, and ouer moist. Further conceiue, that a garden ground, ought to bee of a moderate increase, and easie dressing:

which

which neither is verie moist, nor ouer drie of it selfe. To these such a earth is greatly commended as being new digged, byrds couet to it: and that crowes especially follow the new casting of the digger. If the earth shalbe found naughtie or vnfruitfull, as the Cleyie, sandie, and chalkie, then ought the same to be amended, after the minde of the skilfull, with mearle and dung laide three foote deep, and well turned in with the earth, if this be perceiued ouer thin and leane, then to be mixed and holpen by a fat earth: or to a barren and ouerdrie ground, may be mixed a moist and verie fat earth. A waterie ground is made the better, if the same be mixed with a sandy or small grauelly earth, and deep allies made, for the conueying and shifting of the water falling in the night. But to vse such a tedious paines in these, Plinie accounteth it a madnesse: for what fruite or gaine may be hoped after, in bestowing such a trauell and diligence in the like ground plotte? To conclude, euery reasonable earth, may verie much be holpen through the well dunging, and labouring of the gardener, of which matter (in the proper place) wee meane fully to intreat.

Of the placing and standing of a Garden plot, with the necessarie benefit of water to a Garden, and other matters profitable. Chap. 5.

IT is right necessarie (saith Varro) to place gardens neere to the Citie, aswell for the benefit of potherbs and rootes, as all maner of sweet smelling flowers, that the Citie greatly needeth. Where these plated in a soile farre off that they cannot so conueniently and in due time be brought to the market to be sold, in such places are altogither disalowed, and thought friuolous for the turne. Cato doth verie much commend the Garden plot placed nere to the Citie in which both yong trees to beare vp vines, & willow or Osier trees be planted nigh to water sides & in all places waterie: and that through the garden ground, water or springs be seene running. To these the seeds of most herbs committed into a well dunged, dressed, and faire or large open plot, in which besides all kindes of fruites, for the vse of man, workmanly planted and set in apt times of the yeare. This skilfull Cato also willeth, that all kindes of garden grounds be placed and framed neare to the Citie, aswel for the Garland or Posie, flowres

flowres, as all maner round and delectable rootes, with the sweete and pleasant smelling trees: as all the kindes of the Roses, the swéte Jacemine, the Eglantine bryar, the Myrtle tree, and all others of like sorte, sowed and planted in due seasons of the yeare. But a garden plotte, onely seruing for the vse of potherbes and the kitchin, ought especially to be a battell ground, sufficient moyst of it selfe, and well turned in or workemanly laboured with dung. Garden plottes ought to be plated, farre from Barnes, Hay lofts and Stables, if the same possibly may be refused, or otherwise chosen for the turne: that in the chaffe or dust of the straws (as enimie to them) the plants hardly brooke and suffer, insomuch that the very strawes blowne abroad with the winde, and falling on herbs, do greatly annoy and harme them, as the singular Florentinus in his Grécke instructions of husbandrie skilfully vttereth. For these, saith hee, by cleauing to the plants, in the falling, pierce the leaues, which once pierced, are incontinent burned with them. All Gardens aswell prosper by the dunging with rootes, as with the proper dung allowable: yet dunging the garden earth, with the branches and leaues of trees, is of the skilfull Gardeners very much disalowed, as vnprofitable and noyous to herbes.

As to the well standing of a garden behoueth: the aptest and most laudable placing of a golden plotte shalbe, if the plaine ground lying somewhat a slope, shal haue a course of spring water rūning through by seueral parts. But this course of water, running through the garden plot, may in no wise be bigge. And the smalnesse of the laboring and dressing of a garden ground, is more of yéeld, than the largenesse of it, not laboured in a maner at all.

It behoueth to haue a well in a garden, vnlesse some running water as either ditch or small riuer be neare adioyning: for that a swéte water sprinkled on young plants, and herbes, giueth a speciall nourishment. If a Well be lacking in the garden, then digge a déepe pit, in some conuenient place of the garden: although it may be a painfull labour for the Gardener, to drawe water out of the same. For a garden ground néedeth often to be watered, through which all séedes committed to the earth, as Plinie reporteth, both sooner breake forth, and spédier spread abroad. That a pit with water of long continuance, may be purchased, the same at that time Columella

mella willeth to be digged when the Sunne shall obtaine or occupie the last degrées of Virgo: which is in the moneth of September, before the equinoctiall harueſt. For the vertue then of wel-ſprings are throughly tried and founde out: at which time throughout the longe drought of Summer, the earth lacketh the due moiſture of raine. If a well or pit to purpoſe cannot bee made in the Garden: then frame vp a ſquare pit or Ceſterne leaueled in the bottome with bricke and Lime to receiue the raine water falling: with which in the hotteſt Summer dayes, you may water the beddes of the Garden. But if all theſe manuer of helpes and waies, ſhall faile the Gardner, or cannot well be compaſſed in the Garden ground, then ſhal he dig the ground after the mind of Palladius Rutilius, three or foure foot the déeper or lower. For the beddes on ſuch wiſe ordered, being workmãly laboured and ſowen, may the better endure, throughout the lowe ſtanding, the whole drought of the Summer dayes. In the Garden ground beſides, this ſhall you obſerue, that when the Allies or pathes of the beddes be ouer cloyed with water, to digge déepe gutters here & there after your diſcretion, in ſuch order, that the water falling and running along, may be guided into a conuenient pitte, made at the lower ſide or end of the Garden, for that onely purpoſe. Here further learne, that what Garden plot the nature of the moiſture helpeth not, the ſame may you aptly deuide into parts, in conuerting the ſpaces, digged & dreſſed for the winter time to lie open to the South, and thoſe prepared for the Sommer time, like vnto the north quarter.

what ayre commended for the benefit of a Garden, and which be noyous as well to Man as the Planets: and the reaſon why Garden plottes ought to be placed nigh to the owners houſe. Chap. 6.

EVery ground-plot lying neare to the City, aſwell the Garden as Orcharde, ought to be placed nére to the houſe, for the oftner recourſe & diligence to be beſtowed of the owner: and the Garden eſpecially to be laboured and well turned vp with dung: through whoſe iuice and fatning, the earth may yéeld hearbes of her owne accorde. As touching the aire commended for a Garden, the ſame being cleare and temperate is beſt allowed, in that this not only cheriſheth and

prospereth the hearbes growing in it, but procureth a delight and comfort to the walkers therein. An euill ayre in the contrarie maner, troubled with the vapours of standing pittes, ditches, and such like mixed to it, doth not only annoy & corrupt the Plants & hearbes growing in that Garden fast by, but choke and dull the Spirites of men, by walking in the same. Besides, the windes bityng, and frosts mortifying, do both harme and destroy Plants. Auicen writing of the ayre, doth in skilfull maner vtter, that the same ayre, which after the sunne setting is soone cold, and after the sunne rising spedely hote, is both subtile and healthfull to man. So that a contrarie ayre to this, worketh the contrarie to man and Plants. Yet that aire is accounted worser, which seemeth as it were to wring or binde harde togither the Heart: yea making straycht or letting the attraction of aire. The learned Neapolitane Rutilius, besides these reporteth, that the subtilnesse or healthfulnesse of aire, doe declare those places free from low vallies, and stinking mistes or fogs in the night, that might annoy both men and the plants. Here it dooth not much disagree from the matter, to write in generall, of the qualities of the winds, and of these in the brefest manner. First the Easterny and Westerny windes be in a manner temperate of qualitie, as betweene a hotnesse and coldnesse, yet of the two, the Easterny winds be knowne drier. Further, the easterny winds are for the more part hotter than the westerny, and the Westerny by report of the antient, somewhat more moist than the Easterny. Of all the winds, for the benefit of the garden, is the Southwest winde especially commended: as the worthie Florentinus in his greeke rules and others of experience affirme.

Besides these, as vnto the clemencie or temperatnesse of aire, and healthfulnesse of the place belongeth, a garden-plot in cold countries, ought in a contrarie maner to be placed, as either to the east or south quarter: if the same be such a plot of ground, which both conteineth trees & Plants, or hearbs comming vp in it, least the garden plot excluded from these two parts, by the obiect or stading against of some most great and high hill, be so nipped, frozen, and withered, with the extreame cold long continuing, or the Garden plot otherwise farre distant from the comfort of the Sunne on the North part, or els the Sun only shining low and weake, at the West quarter of the same.

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The ſingular Cato willeth, that the Garden, if aman can, be placed at the foote of an hill: and the ſame beholding or lying open to the South, eſpecially in a healthfull place. For a Garden plot thus defended by an high hill, on the north part, and all the day comforted, by the open face of the South quarter: is procured to yeld the ſweeter and timelier Fruites, in the ſeaſons of the yeare. But in hote Regions or countries, the open place of a Garden ground muſt be rather ſituated towardes the North quarter: which may through the lyke ſtanding auaile, as well to health of bodie and quickning of the Spirits, as to profite and pleaſure.

This beſides conceiue, that the placing of a Garden ground, neare to a Fenne or Mariſh, is euerie where to be miſliked and refuſed: if the ſame lie open towardes the South or weſt, and yearely in the Summer time is accuſtomed to be drie: for on ſuch wiſe hapening, the ayre thereabout gathered vp, doth in the falling againe, ingender either the Peſtilence, or wicked vermin, much harming the garden-plot lying nigh to it. There is alſo a great regard to be had to the water, mote or ditch, ſtanding nigh or round about ỹ garden-ground: whether this for the more part be wont to vaporate or breath forth any noyſome ayre that may both to men and the Plants bee harmefull. For peculiar or proper is the ſame (or rather ſuch is the propertie) of verie manie ſtill waters and motes. So that it is the counſell of the ſkilfull (if anie like be known) to refraine from placing anie garden-plot or Orcharde, if the owner may chooſe neare to the ſame.

The formes of the incloſures, which husbandmen, and Romanes in time paſt inuented. Chap. 7.

FOraſmuch as the ſame may bee thought a meere madneſſe, to haue choſen out a fitte plotte of grounde, and to caſt, digge, and dreſſe it ſeemely in all pointes: yet lying open day and night, as well to the incurſions and common haunt, as the iniuries to be wrought and done by robbers or theeues, foules and beaſts: for that cauſe, I here mind to intreat of ſundry manners of fencing, & compaſſing in of the garden-grounds in auncient time. Firſt, the ſkilfull and warie husbandmen in time paſt, being thoſe of good abilitie, built them

walles about of Free stone artly layde and mortered togither, and some did, with baked bricke like handled. Others of lesser abilitie, and of the meaner sort, framed them inclosures, with stones handsomely layd one vpon an other with morter or cley: and some of them couched the broade Salt stones, with other bigg and large stones (in like order aboute) where such dwell by quarries of stone. But verie manie of the baser & powrer sort, made them fences and walles about, with mudde of the ditch, dung, chaffe, and strawes cut short, and well mixed togither. Others there were, which with bigg Canes set vpright, by small poles bound togither, so fenced thir garden plotte, in handsome manner round about. Some also with yong willowe trees, set by certaine distances, and the drie blacke thorne (purchased from the wood) beeing bound in (betweene the spaces) so framed their inclosure: but this manner of inclosing wrought or built by Art the skilfuller named, a dead and rough inclosure, made especially for the keeping and defending of Cattell out of the Garden ground. Yet the hedge or inclosure erected after this manner, required euerie yeare to be new repaired and bounde vp in the places needfull, to the tediousnesse and great paines of the husband man.

The learned Columella in his husbandry reporteth that the Romanes in time past, fenced and inclosed their Garden grounds, with bigge quarters set vpright, and poles with lathes, verie thicke fastned to them, by smal rods of the Oser tree walling them in. Some boared large holes through bigge bodies or stockes of trees, that quarters or great poles made for the purpose might passe through them, either by two or three together, in reasonable distance, with payle borde rayled and fastned along to them. Some also through the timber of trees (set into the earth) fastned bigge poles or long quarters round about, much like to the vsuall Cattell poundes in our age. But some attaining to more skill, erected as Varro reporteth, a naturall inclosure, set about with black or white thorne trees, and yong willows: which had besides the rootes of a quick-set hedge, that in time growing vp, withstood tempestes, windes, landflouds, yea fire the consumer of all thinges put to it. The Auncient husband men did besides these inuēt the casting vp of bancks & countermures of earth, round about the Garden plotte, much like to the trenches in time of warre

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about Bulwarkes and Tents: and these they speciallie make neare to high waies, or by riuers or Marrishes or Fens lying open, or other fieldes, that the garden plot might on such wise be defended, from the damages and harmes both of Thæues Cattell, and Land-flouds.

For a playner conceiuing of the aboue said, learne these following, that the auncient husbandmen did cast vp and made a deepe ditch about their garden ground (standing in the open fielde (which might receiue all the raine-water falling: and this they so digged with a slope passage, whereby the water might runne the easier and freelier from the bottome. The earth and clay cast vp on the inside (fast by the brinke) they so wrought vp together, that hardly anie person (after the drying of the countermurre) could clyme ouer the same. Some also made high bankes or countemures, without a ditch digged about, and the same so serued in the open fieldes in stead of a wall.

To be briefe, the inclosure which longest endured, surest and of least cost, was the same that the Romanes in auncient time made with brambles, and the white thorne laide orderly in banks, for the better growing vp. For this inclosure or hedge (after yeares sprung vp) endured by reporte of the learned Cato an infinite time: yea experience in our age, doth likewise cõfirme the same. For which cause, this inclosure was very much commended of the auncient Romanes, who well conceiued and knew, that the bramble decaied and died not at anie season, except it were digged & plucked quite vp by the rotes. Yea they learned by practise, that the bramble singed or scorched with straw flaming, recouered and grew euerie yeare after both stiffer, rougher and thicker together.

The later inuentions of erecting a naturall & strong hedge, which in time growing, may proue a most sure defence and safegarde of the Garden. Chap. 8.

The most commendable inclosure for euerie garden plot, is a quick set hedge, made with the brambles & white thorne: but the stronger and more defensiue hedge is the same, which the singular Democritus in his Greeke instructions of husbandrie (that wrote long before Columella, & Palladius Rutilius) cunningly vttereth, and the same

same with ease and small cost after this maner, Gather, saith he, in a due season of the yeare, the sædes found in the redde berries of the biggest and highest Bryars (which by a more common name with vs, are called the wilde Eglantine Briars) the through ripe sædes of the brambles (running low by the ground) the ripe sædes of the white Thorne, and to these both the ripe Berries, of the Goseberrie and Barberie trées: this done, mix and steepe for a time all the Berries and sædes, in the blended meale of Tares, vnto the thicknesse of honie: the same mixture lay diligently into olde and vntwicked Shippe or Well roapes, or other long worne roapes, and fittered or broken into short péces, being in a manner starke rotten, in such order, that the sædes bestowed or couched within the soft haires of them, may be preserued and defended from the cold, vnto the beginning of the spring. At which time where you be minded that the inclosure or hedge shall runne and spring vp: there digge in handsom maner, two small furrowes, and these either two or thrée foote asunder, and a mans foote and a halfe déepe: into which lay your ropes with the sædes, couering them workemanlie with light earth: and (if néed shall require) water by sprinkling, or moisten the sædes, in the same wise againe.

The worthie Columella (in his husbandrie) and the Neapolitane Palladius Rutilius, writing the like instruction, in a maner, will that the ground-plotte, in which a hedge shall bee erected, bee compassed with two narrow furrowes, digged thrée foote distant one from the other, and a mans foot and a halfe déepe: but these to bee made in the Equinoctiall Haruest, at what time the ground shall bee well moistned with showers. The furrowes thus prepared, they appointed to lye open all the winter through, after in the moneth of Februarie, the ropes with the sædes, laide into each furrowes to bee couered not thicke ouer with light earth, for hindering the groweth of the sædes: especially of the white Thorne: and that this action bee rather wrought, when as the winde bloweth from the South or Southwest: the seedes thus couered with diligence, shall appeare within a moneth either more or lesse, and the tender yong Thornes sprung vp to some height, must bee holpen and staied with willow twigges or rather small proppes, set betwéen the empty spaces, vntil the thornes, by their further growth,

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ioyned together, may ſtay one the other: which within few yeares, will grow to be a moſt ſtrong defence of the Garden or field, & a ſure ſafegard againſt outwarde iniuries. Columella beſides willeth, that a willow or Oſier hedge, bee ſet on either ſide, and in the middle rome or ſpace, betweene the two furrowes, couered and euen raked: that theſe might ſo ſtay the tender thornes, ſpringing vp in either furrow, vnto the time they ioyned, and were growne aboue this willow hedge, or at leaſt vnto ſuch ſtrength, that they well ſtaied one of the other. Others there are as the famous Diophanes (among the Greeke writers of huſbandrie) and with him manie the like, which will a quicke-ſet hedge to be erected, and made after this maner. The bigger armes or rods of the bramble, they willed to be cut into ſhort portions or parts, and theſe laide a ſlope into open furrows of a ſpan deepe, to bee diligently couered with earth: after to vſe about the plants, a daily digging or rearing vp of the earth, and watering of them: if neede ſo requireth, vntill the plants budde forth, and the leaues of the ſtemmes open, which by this maner of comforting and cheriſhing, ſhall grow in few yeares to a ſtrong, ſure and continuall hedge.

The Neapolitane Palladius Rutilius, inſtructeth the way & maner of erecting an other quicke-ſet hedge, on this wiſe: plant ſaith he, young Elder trées neare three foote a ſunder, then the ſeedes of the brambles, lapped diligently in long lumps of ſoftned and moiſt clay or tough earth, lay the ſame orderly in a ſhallow furrow, betweene the Elder trées, which aptlie couered with light earth, and watering the places if neede ſo requireth, will within three years following, grow to ſuch a ſtrength and ſureneſſe, that the ſame will be able ſinough, to defend the iniuries both of the theefe and beaſt. Palladius Rutilius reporteth, that this hedgh of brambles after three yeares growth, ought to be ſendged with flaming ſtraw: for on ſuch wiſe handled, it proſpereth afterward the better. In that the bramble, as hee ſaith, through the euerie yeares ſendging or burning with ſtraw, ioyeth and increaſeth the better: yea through the yearely burning, as the ſkilfull huſband-men affirme, they ſhoote out harder and rougher of prickes.

And this maner, to be briefe, is a generall way of incloſing Garden grounds, with ſmall coſt, and eaſily performed. Although the

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comlier inclosure or hedge of a Garden be the same, which is made, of the white thorne artely laide: that in few yeares with diligence cut, waxeth so thicke and strong, that hardly any person can enter into the ground, saving by the garden doore, Yet in sundrie garden groundes be hedges framed with the Privet træ, although far weaker in resistance: which at this day are made the stronger, through the yearly cutting, both above, and by the sides: yea the same also, caused through the like doing to grow the euener and thicker, to the beautifying of the garden ground, and for other necessarie purposes. To conclude, I haue uttered here the making of certaine naturall inclosures for a garden, which may with the meanest cost be erected in anie ground.

The cause why certaine skilfull husbandmen in auncient time misliked the dunging of Gardens neere to the house: and what dung best allowed for the kitchin or pot-hearbes. Chap. 9.

There were in auncient time, as Plinie recorded, certain witty husbandmē, that wholy refused & forbad the dunging of gardens placed nigh to the dwelling houses: in that this dunging might not only infect the ayre thereabout, but cause also the crescent things to proue both vnsauerie and more corrupt. And in this matter the worthie writers of husbandrie commended highly the Greeke Poet Hesiodus, which writing verie cunningly of husbandrie, omitted the dunging of the fields, and garden plots, contented rather to counsell vnto healthfulnes than willed the same to fertilitie. Insomuch as it was supposed inough at that time, to haue fatned the fieldes and garden plots, with the leaues and emptie cods of the Beanes, Pease, Tares, and such like, turned workemanly in with the earth in due season of the yeare, & not to haue employed or dunged the ground with a rotten and pestilent matter, incommodious to man and the Plants. Which wise men haue well found out, in that the sowne plants sprung vp in such an earth, yeld for the most part a harmefull qualitie to the dayly feeders on them, hardly to be amended.

Yet for that neither the auncient, nor later husbandmen, seeme to follow the instruction of this precept, nor approue or allow any proper dunging, in prescribing & commending the same in generall: for that cause, I here purpose to intreat in a briefe maner, of the nature and

and vſe of the ſame. But firſt of all to warne you that a good and battle ground needeth ſmall dunging, where a drie and thinne or leane earth in contrary maner requireth plenty of dung. A earth onely drie (as Maro reporteth) well ioyeth to be often fed, and diligently laboured with fat dung: But the ground that hath a meane ſubſtance in it, requireth in like maner a meane dunging to be vſed. Further conceiue, that good dung doeth (for the more part) procure a good and battle earth the better, yea this helpeth and amendeth the euill and naughtie earth: But the euill dung in a contrary maner, doeth euermore cauſe all earths the worſer: And this behoueth the Gardener and huſbandman to know, that as the earth not dunged is both cold and ſtiffe: euen ſo the ground by the ouermuch dunging may be burned altogether. For which cauſe (Columella reporteth) that more auailable and better it is, often to dung the earth, then ouermuch at one time to beſtow in the ground. The earth digged vp to ſerue for the ſpring, ought to be dũged in the wane or decreaſe of the Moone about S. Martins day: that the ſame lying all the Winter thorow, may ſo be diſſolued, againſt the time of committing ſeeds to the earth: and in the moneth of March to be dunged againe, that the earth well moiſtened with ſhowres (in the month of Aprill) may be procured the apter, for the beſtowing of your finer and daintie ſeedes in the ſame. Herein conſider the leanneſſe or fatnes of your earth in the often dunging of it, and the worthines of your ſeeds, which may require a like paines to be beſtowed on the ground. The plot of earth prepared for the Winter ſeedes, ought to be well turned in with dung about the end of September, & the ſeeds committed to the earth, after the ground be well moiſtned with ſhowers. The dung in a Garden plot, for the planting of yong ſets ought not to be couched or laid next to the rootes of the plants: but in ſuch order the dung vſed, that a thin bed of earth be firſt made, for the ſetting of the yong hearbs, next laid to this a handſome bed of dung, as neither too thicke or thin ſpread on that earth: aboue that let another courſe of earth be raked ouer of a reaſonable thickneſſe: which workmanly handled & done, ſee that your plants be ſet handſomely into the ground, and in a choſen time. For the earth and beds (on ſuch wiſe prepared) helpe that the plants beſtowed ſhal not at al be burned: neither the heat of the dung, haſtily breath forth to them.

Of the kindes of dung, and which well commended for the dunging of Gardens. Chap. 10.

As touching the worthines & excellency of dung, the Greek writers of husbandry (to whom many of the latin Authors conſēt) affirm that the Doues dung is the beſt, becauſe the ſame poſſeſſeth a mightie hotneſſe, for which they willed this dung to be ſtrawed the thinner, and in a maner (as thin to be ſcattered abroad) as ſeedes on the earth, wherby the ſame may ſo ſeaſon ẏ earth meaſurably, & not on a heap or thick beſtowed (as M. Varro reporteth) much like to the dung of cattel thrown abroad on the ground. The dung alſo of ẏ hen and other foules greatly commended for the ſourenes, except ẏ dung of geeſe, duckes, & other water foules, for their much & thin dunging. And although this dung laſt, be weaker then the others, yet may the ſame be profitable, as the ſelf ſame Varro witneſſeth out of ẏ Greek inſtructions of husbandry. A commendation next is attributed to the Aſſes dung, in that the ſame beaſt for his leiſurely eating, digeſteth eaſier, & cauſeth the better dung, which beſtowed in the earth, for that the ſame is moſt fertil by nature, bringeth or yeeldeth forth leaſt ſtore of weeds, and procureth very much al plants and hearbs: yea this cauſeth the moſt ſweet and pleaſanteſt hearbs & rootes. The third in place is the Goats dung, being moſt ſowre, which inſueth the ſheps dung yet fatter. After this, both the oxe and cow dung, next ẏ ſwines dung, worthier then the oxen or kine, but greatly diſallowed of Columella, for the mightie hotneſſe, in that the ſame burneth the ſeedes immediatly beſtowed in the earth. The vileſt and worſt of al dungs after the opinion of the Greeke writers of husbandrie, is the horſes and mules, if either of theſe be beſtowed alone in the earth, yet with the ſower dungs mired, either wil profitably be abated or qualified. But the ſame eſpecially is to be learned & obſerued of euery gardner and husbandman, that they fatten not the earth, if it be poſſible, with dung of one yeare for the ſame, beſides that it is of no vtility, it engendreth alſo many noiſome wormes and kinds of vermine. But of the contrary mind is Columella, who willeth the earth to be fatned with dung which hath lien a yeare, and not aboue, in that the ſame, as he reporteth, bringeth forth leaſt weedes, and poſſeſſeth as yet a

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ſufficient ſtrength for the turne. But how elder the ſame be, ſo much the leſſe profitable, in that it leſſer auaileth: yet the neweſt dung (ſaith he) will well agrée for Medowes or the fields, in that the ſame procureth the more yéeld of graſſe, being beſtowed in the moneth of Februarie and March, in colder countries, and the Mœns increaſing of light. The mud alſo of a running water, as the ditch or riuer, may be imployed in the ſtead of dung. The dung beſides of three yeares is eſteemed very good, for that in the longer time lying, whatſoeuer this ſhall haue of the euill qualitie, and ſtinking ſauour, the ſame by that time vapoured forth: and if any hard matter conſiſted in the ſame, the age thoroughly reſolued it. Howſoeuer it ſhall happen, that the earth be the worthieſt dung of all, for flowres and Kitchin hearbes in the very thin aſhes reported to bee, which in nature is hot. For the kind of dung either killeth or driueth away the Garden Fleas, the Wormes, the canker Wormes, found commonly on Colewarts, Snailes and all other créeping things waſting the ſtemmes of plants and hearbes. The dung which men make (if the ſame be not mixed with the rubbiſh, or duſt ſwept out of the houſe) is greatly miſliked, for that by nature it is hotter, and burneth the ſéedes ſowen in that earth: ſo that this is not to be vſed, vnleſſe the ground be a barren, grauelly or very looſe ſand, lacking ſtrength in it, which being on ſuch wiſe, requireth the more helpe of nouriſhment and fatning, through this kind of dung: yet for lacke of the foreſaid dungs, the others may be put in vſe: ſo that theſe with the Spade be often changed and diſperſed in the ground. Here you may not forget, that a waterie garden plotte requireth the more plenty of dung, but a drie earth néedeth the leſſer dunging: the one for the daily moiſture running in it, being ouercold and ſtiffe, is through the often applying of the hot dung, reſolued and made temperate. And the other drie of it ſelfe through the heate conſiſting in it, by much applying of this hot dung, is of the ſame burned: for that cauſe the moiſture of ground ought to haue ſtore of dung, but the drier, ſmal dunging. That if no kind of dung can be purchaſed, then in grauelly grounds, it ſhal be beſt to dung the ſame with chalk: but in chalkie places, & ouer-thick, thoſe dung with grauelly earth: for on ſuch wiſe garden plots, ſhal not only be cauſed to be battle and fruitful, but ſhal alſo become faire and delectable, as Columella the moſt

diligent and skilful instructer (of the Romane Gardens) witnesseth: let this last instruction of Pliny be remembred, that at what time soeuer you mind to dung a Garden for yeelding of few weeds, see that the wind blow then from the West quarter, and the Mone decreasing of light, and the earth also drie: But for the dunging of a Medowe (as before vttered) let the same be done in the increase of the Mone, &c. For by such an obseruation followed, the plentifulnesse of yeeld is marueilous much increased: as after the worthy Greekes, the Latine writers of husbandrie haue noted.

What is to be considered of euery Gardener, after the casting forth and leuelling of the beds, with the disposing of the earth. Chap. 11.

BEfore I intreat of the sowing of Gardens, it behoueth to admonish you, that it much auaileth in a Garden, to frame seemely walkes and Allies, for the delight of the owner, by which he may the freelier walke hither and thither in them. & consider thorowly al the matters wrought and done in the garden, if the disquietnes of mind hinder not the benefite of the same. The walkes and Allies shall to that end be disposed, that they may serue in the stead of a dunging in those places as the worthy interpreter M. Cato (ẏ cunningly wrote of the ancient husbandrie) witnesseth. These before considered, let vs come vnto the matter: Certaine skilful practitioners admonish, that a Garden plot or field, be not sowen ouer al, vntill the earth before shall be well moistned with showers. That if these fall in due season and time (then the skilfull Gardeners agree) to be wel liked. If any be otherwise occasioned to sow, as often so it hapneth, then the seeds slowly breake forth, how workmanly soeuer the sedes may be bestowed in a drie Garden ground, or plough land, as ẏ worthie Columella witnesseth: which like matter in certaine countries is wont to be exercised, where the condition of the aire is on such wise. For what ẏ same is which shalbe bestowed in a drie earth, is euen ẏ like, as if the same were laid in a house which corrupteth not. But when showers fal on the seeds (committed to the earth certaine daies before) they after shoote vp in one day: yet are these sedes in danger (sowne in the meane time) of Birds, and Ants or Pismires, except the sedes be (before the sowing) preserued and defended with those helps

helps which shal after be vttered in ỹ proper place following. Howsoeuer the occasion and weather serue, the Gardner shal employ his diligence, that the Garden ground or field, which ought to be leuelled and sowne in the spring time (that the same may yéelde the proper fruits in the Summer time) be digged and dunged (if néed so require to the earth) about the end of harueſt, when as yet the cold season and frosts be not approched, nor bitter weather begun. And the same garden plotte or quarters of the garden, which the Gardener would in the harueſt time haue couered with the sallet, pot-hearbs and roots, ought to be turned vp in the beginning of Summer, or in the moneth of May, that the clods of earth may through al the colde Winter, and hot Summer weather (speaking or rather héere meaning of the greater Gardens) be so dissolued, as the worthie Maro skilfully instructeth.

And to these, that the rootes of the vnprofitable hearbes or wéedes may likewise be killed: after the winter or summer time ended, dung then must be orderly turned in with the earth: as in the moneth of March (the Mone decreasing) for the spring time, and in the end of harueſt for the winter time. And when the sowing time approcheth or drawyth neare, then shall the garden ground (as the proper order and maner of euery countrie is) be diligently raked, wéeded & purged, both of the stones and vnprofitable roots: after the same, let the earth be dunged and orderly digged, as in the maner afore taught, which through the diligent digging is often repeated, that the dung with the earth by the twice labouring ouer, be well dissolued and mired together. After this digging and dunging againe the second time (if the ground néedeth such fatting) and the earth leuelled, may the garden (about the midſt of February, but I rather suppose in the moneth of March to be more agréeable, and the Mone especially in her first quarter) be beautified in apt places of the same, with séemly hearbes, before the quarters and beds be workmanly troden out by the Gardener, the instruction of which hearbes shall fully be vttered in this next Chapter.

The framing of ſundry hearbs delectable in a Garden, with the walkes and Allies artly deuiſed in the ſame. Chap. 12.

THe herbar in a garde̅ may be framed with Iuniper poles, or the Willow, either to ſtretch, or to be bound together with Oſiers, after a ſquare forme, or in arch maner winded, that the branches of the Vine, Melon, or Cucumber, running and ſpreading all ouer, might ſo ſhadow and kéepe both the heat & ſun from the walkers and ſitters there vnder. The herbs erected and framed in moſt gardens, are to their much refreſhing, comfort and delight. Theſe two, as the vpright, directed by quarters ſet in the earth, & leaning to the wall, neare to which faire Roſemarie, or the red Roſe, ſet to run ſtraight vp, and the winding in arch maner framed (as I vttered afore) with the Iuniper or withie poles, to ſhadow the wals there vnder. To this faſtning the vine, and ſundrie hearbs which in the growing vp, runne and ſpread ouer the ſame, as the Bryony, Cucumber, Gourd, & diuers others, of which here vnder we ſhal more fully intreat. But firſt I meane to ſpeake of thoſe herbs, which the Gardener planteth and ordereth to run for beauties ſake in an vpright herbar: after to intreat of thoſe which he either ſoweth or planteth, to run ouer the winding or arch herbar. The plants to run vp & ſerue comeliеſt for the ſtraight herbar, ought to be thoſe of a fragrant ſauour, and that

grow

grow or shoote vp high, and are spread abroad, which especially framed in a garden for delight and pleasure, and these properly named wall hearbes, in that they are set in a manner leaning to the wall, with the quarters set vpright, and plots fastned ouerthwart, along the which, the Rosemarie, the Jasmine, and red Rose in many gardens, set to grow vpright, which in time growing, beautifie an vpright herbar, although these couer not the same, through their shorter and lower growing then the herbar: yet the commoditie ensueth by the herbar, that the owners friends sitting in the same, may the freelier see and behold the beautie of the Garden, to their great delight. The erection and garnishing of the winding herbar may best be wrought with Juniper poles, in that these may well endure without repairing for tenne yeares: but those framed with the Willow poles, require euerie three yeares to be repaired.

The owner or Gardener that would set Rose trées to runne vp by the poles of the herbar, ought workemanly to beginne and doe the same about the middest of Februarie, and in the first quarter of the Moone, the beds before well reared with a stonie and drie earth, and not with dung. The Rose trées with their rootes, are also to be planted in short and narrow beddes diligently raised with a drie earth: but if the Gardener or owner will, slippes may be broken off from the rootes, cut in a slope maner at the heads, about a mans foote and a halfe long, writhed at the ends, and so set in a slope manner, a foot deepe into beds, well reared with a drie earth, and in the encrease of the Moone. The old trées new set euerie fift yeare in the wane of the Moone take root the sooner, and yeeld the more Roses, being proined and refreshed euery yeare with new and drie earth about the rootes, for neither the slips nor old rootes ioy in a fat clay, or moist ground, but in the drie and stony earth, and to be sette in rankes well a foote distance one from another, in drie beddes well reared vp: for bestowed in rankes of such distance betweene, they prosper the better, and yeelde more Roses. The seedes of the Rose committed to the earth, doe slowly come vp, yet so often as you minde to sowe the seedes, bestow them a foote deepe in light and drie earth, about the middest of March with vs, and in Februarie in hotter places, the Moone then increasing.

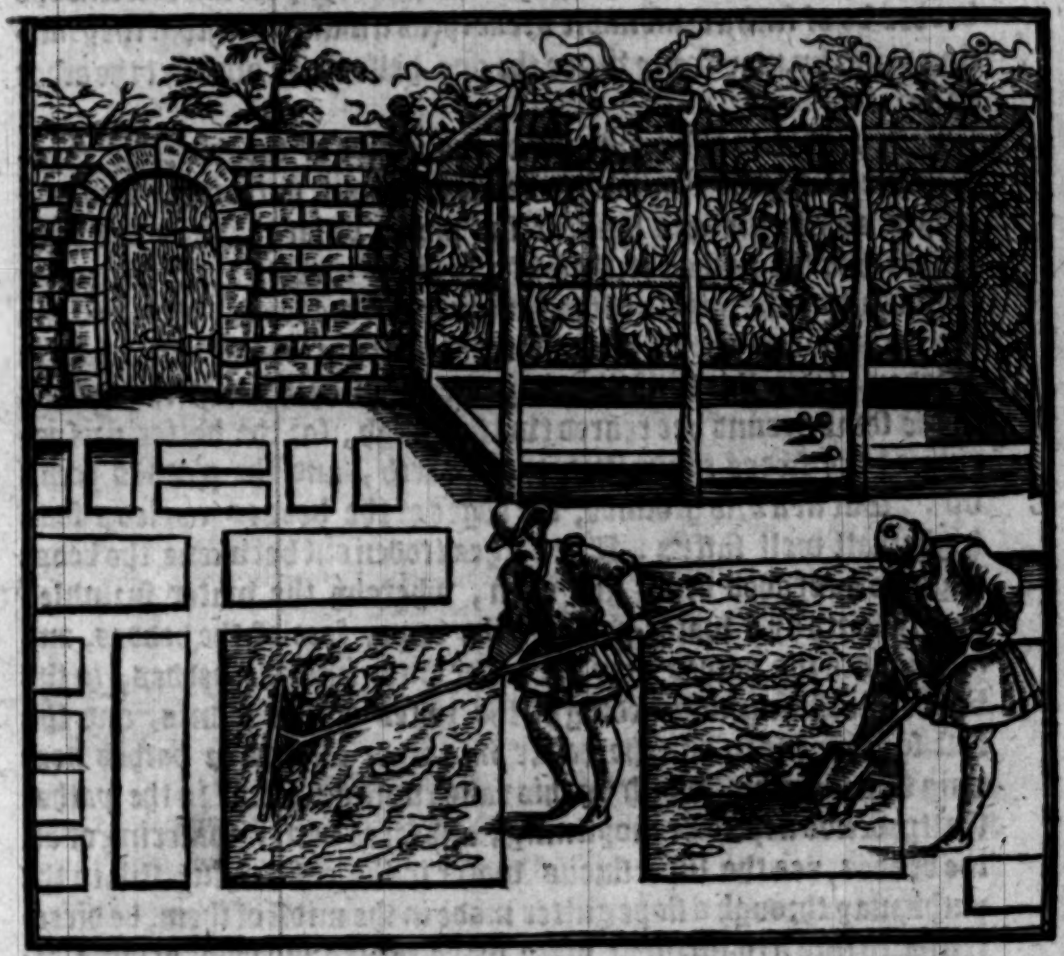
Here

Here may any truely learn by the instruction of the worthy Neapolitane Palladius Rutilius, which are the seeds of the Rose: for a man (saith he) may not thinke the yellow grains within the Rose flowre (being of a golden colour) to be them, but the knobs which grow after the maner of a mosse short and small peare, the seeds of which are then ful ripe, when they be perceiued brownish and soft, which will be in the moneth of September. The owner also may set the Jasmine tree bearing a flagrant flowre, the muske Rose, damask Rose and Priuet tree, in beds of drie earth, to shoote vp & spread ouer this Herber, which in time growing, not only defendeth the heate of the Sunne, but yeldeth a delectable smell, much refreshing the sitters vnder it. But this Arch-herber for any kinde of Roses, may not be built much aboue a mans heigth for the short growth of them. And as this herber is delectable to the eie, euen so laborsome, & with diligence to be tended: for which cause the more number in England, plant Vines (for the lesser trauell) to runne and spread ouer the vpright and square hearbs, framed with quarters and poles reaching a breath. After the hearbes seemely performed, in conuenient places and walkes of the Garden ground (heere meaning and speaking of the large plottes) the Allies euen troden out, and leuelled by a line, as either three or foure foote abroad, may cleanely be sifted ouer with riuer or sea sand, to the end that showers of raine falling, may not offend the walkers (at that instant) in them, by the earth cleauing or clagging to their feete. The commodities of these Allies and walkes, serue to good purposes, the one is, that the owner may diligently view the prosperity of his hearbes and flowers, the other for the delight and comfort of the wearied mind, which he may by himself or fellowship of his friends conceiue, in the delectable sights, and fragrant smels of the flowres, by walking vp and downe, and about the garden in them, which for the pleasant sights & refreshing of the dul spirits, with the sharpening of memory, many shadowed ouer with vaulting or Arch-hearbs, hauing windowes properly made towards the garden, whereby they might the more fully view, and haue delight of the whole beauty of the garden. But the strait walks, the wealthy made like Galleries, being al open towards the garden, & couered with ỹ vine spreading al ouer, or some other trees which more pleased them. Thus briefly haue I touched

the

the benefits of walks and Allies in anie Garden-ground: which the Gardener of his owne experience may artly tread out by a line, and sift ouer with sand, if the owner will, for the causes afore vttered.

The forme of the disposing the quatters into beddes, and apt borders about, with the sowing, choise and defence of the seedes, and weeding of the beddes. Chap. 13.



The quarters well turned in, and fatned with good dung a time before, & the earth raised through the dunging, shal in handsome maner by a line set downe in the earth, be troden out into beddes and seemely borders, which beds (as Columella witnesseth) raised newly afore with dung, and finely raked ouer, with the clods dissolued, and

ſtones purged forth, ſhall be artely troden out, into three foote of breadth, and into what length the owner or gardener will: but to ſuch a breadth eſpecially troden forth, that the weeders hands may well reach vnto the middeſt of the ſame, leaſt they thus going to the beddes, and weeding forth the vnprofitable hearbes and graſſe, may in the meane time treade downe both the ſeedes ſhooting vp, & plants aboue the earth. To the helpe of which, let the pathes betweene the beddes be of ſuch a reaſonable breadth (as a mans foote) that they paſſing along by, may freely weede the one halfe firſt, and next the other halfe left to weede.

The beddes alſo ought (after the minde of the worthie Neapolitane Palladius Rutilius) to bee troden out narrowe, and of a length, as twelue foote long, if the plotte be large, and fiue foote broade, and the pathes of theſe of a ſeemely breadth, for the eaſier reaching into the middle of the beddes, or at the leaſt freelier, to the furtherance and ſpeede of the weeders. In a moiſt and waterie Garden-plotte this ſkilfull Neapolitane willeth, that the beddes in the ſame ground bee reared two foote high, for the better proſpering of the ſeedes committed to the earth, and the plantes come vp. But in a drie grounde, the edges of the beddes raiſed a foote high, ſhall well ſuffice. The pathes troden out betweene the beds, ought to be of good depth and euen, whereby the water ſprinkled gently forth by a water-potte on the vpper face of the beddes, and falling into the pathes may the eaſier enter into the beddes, to the better moiſtning and feeding of the rootes of the plants, and the reſt ſuperfluous to run the eaſier into other Allyes or pathes needing this moyſter, which by this eaſie running along in the paths, ſhall procéede a ſpeedier moyſtning, and farre better watering of all the beddes, yea the ſuperfluous water in the ende, lying ſtill in the paths, may through a ſlope gutter made in the midſt of them, be directed forth into a conuenient place made for the purpoſe, of ſome diſtance from the beds. And this inſtruction much auaileth to beds in the night time, when as mightie ſhowers happen to fall, which might ouercloy the beds, were it not for the gutters ſpeedely conueying the waters away.

All theſe inſtructions conceiued, the Gardener or Owner may then prepare himſelfe to the committing of Seedes to the earth

earth: in which he ought to bee carefull, that after the bestowing of the sædes in the earth, a clearnesse or mildenesse of the ayre may for certaine daies succæd: for through ths ayre and weather fauoring, and the seedes sowne in warme places, where the Sun long shineth, dw they most speedely breake and shote aboue the earth, so that the seedes be new and good, the age of which in this doing, much availeth to be examined and knowne. Therefore euery Gardener and owner ought to be carefull and diligently to foresee, that the seedes committed to the earth (as M. Caro willeth) be neither too olde, drie, thinne withered nor counterfeyted, but rather full, new, and hauing iuice. These notes of the sædes remembred, and the Gardener minded to commit them to the earth, ought afore to regarde, that the winde at that instant bloweth not from the North, but rather from the South, or Southwest, nor the day verie cold: for in such seasons and daies (as all the skilfull report) the earth as then timorous and fast shut, hardlie receiueth and nourisheth the sædes committed to it, where the ground in a contrarie maner, doth willingly apply and retaine the seedes, bestowed or sown in faire daies, and temperat hote.

The Artely disposing of sundrie beddes, for the sowing and increase of diuers fruites and kitchin hearbes, with the wittie defences to be vsed after the seedes are bestowed. Chap. 24.

The Gardener minding to commit chosen seeds into sundrie beds, ought to learne, that the beds lying open to the south, be high rayled, through the well mixing of horse dung with the earth, & after the euen raking and leuelling, to remaine a certaine time vnsowed: then one or two of the beds in the moneth of March, and in the increase of the Mone, may be sow with Lettace & Purselane sæds, for these sooner spring vp in the moneth of March, than Februarie, to be remoued in the beddes, after the plants be shotte vp halfe a finger high. In those beddes may be also sow the parseley, Rocket, Sorrell, Endiue, and diuers other Sallet hearbes: which after they be some what come vp, may bee thinner set in other beddes. Haue beside a speciall regarde to your seedes, that they bee neither to old, withered, thinne, and emptie, and the borders of those Beddes may you bestowe with the Seedes of the Artichoke, well two hand breadth asunder.

In an other bedde you may sow fine sædes, to haue pleasant hearbes that may be kept drie, for the potte or kitchen in the winter time, and those which yéelde delectable flowers, to beautifie and refresh the house, as the Maioram, French balme, Time, Hisop, Basill, Saneríe, Sage, Marigolde, Buglas, Borage, and sundrie others. The Gardener may trie these sædes in beds, lying all open to the warme Sunne, as the Orenge, Lemmon, Pomecitron, Pomegranate, the Myrtle and Date, but these ought to bee fenced by a succoure on the North side, that the colde ayre hinder or let not the comming vp of them. When the Cytron or anie of these bee well sprung vp, the Gardener ought to remoue and set them into proper chestes filled with light earth, which at will and pleasure, may bee rolled hither and thither, for the better auoyding of the Sunnes great heate, and bitter cold ayre, by standing vnder a couer or Penthouse, made for the onelye purpose. In an other bedde béeing of good length, and placed toward the quicke-set hedge, and to runne ouer the Arch Herber, may the Gardener bestow sædes of the Cucumber, Cytrone, round Goure, and long: In an other bedde also, beeing long and narrow, and déep furrowes at eche side made, to set vessels lower than the beds, may the Gardener sow sædes of the sundrie kindes of Melons. That the Birds and other foules may be defended from comming to the sædes committed to the earth, the skilfull will, that the white thorne be laide on the beds: but to bestow your sædes in beds rather in the Moneth of March than Februarie, the Moone increasing, do spædier appear aboue the earth. But if the Gardener feareth least the sæds committed to the earth should be in danger through the bitter cold aire and Sunnes heat following (asyérly the like so happeneth) the beds may then be couered with thick Mattresses of straw in such maner, that they hinder not through their weight, the crescét things comming vp, which may thus bee ordered, in setting first vp sundrie forked stickes at eche corner and in the sides of the beddes, on which long rods laide, reaching to eche corner, and at the endes, as Columella willeth: these done, let him wittily lay on the Mattresses, in couering & defending the yong plants from the cold or heat, at that time. But at such times as the ayre being clear in the cold season, the Mattresses (when the Sun shineth warme) may be taken off, for the spædier increasing of the Plants springing vp. All hearbs and rotes

for

for the kitchin, prosper far better by their remouing, and thinner setting, through which (by report of the skilfull) they yelde a pleasanter sauor. There are of Greke writers of husbandry, which will the sowing of sedes to be done in the increase of the Mone, as from the first quarter, vntill the full light of the Mone, and she knowing at that time to be vnder the earth in the day time. Others hauing deuised a perfiter way, do not allow a timely or early sowing of sedes, for which cause they disposed and deuided the same sowing of sedes, into two, yea into three or foure seuerall times of the day, contenting by this meanes to auoide the vncertaintie of the time to come: herein calling to minde the husbandly prouerbe, of the worthie Columella which saith, Haue no mistrust in the committing of seedes to the earth.

It therfore behoueth the Gardener, which hath an earnest care for the purchasing of kitchin or pot herbes, to regard & se that the seeds cõmitted to the earth be full & new, ỹ earth artely prepared, the dung in the same laudable, and water at hand for the vse of the seds. For the seds sound and good, do yeld after the sowing plants of the like goodnesse and vertue: the earth labored and made apt wil verie well kepe and prosper the seedes committed to it: the dung being good and well mixed with the earth, will cause the earth batteller, and to these the louser, whereby water diligently sprinkled on the same, may the freelier and easier enter in, to feed and cherish the rotes, and the water seruing to the same end, that it may as by a feding pappe, nourish and bring vp all crescent thinges.

The workemanlie casting forth, deuiding, & preparing of beds for the most herbes and rootes of the kitching. Chap. 15.

The owner or Gardener ought to remember, that before he committeth seedes to the earth, the beds be disposed and troden out, into such a bredth and length, as best answereth to euery plant & rot, in that the beds to be sowne for the Nauew rotes, ought to be troden out large and long, next to which may the beddes for Cole worts and Cabbages be ioyned of a sufficient bredth: to these next may you place beddes of a reasonable bredth for the Rapes and Turen rots: then for a semely diuision in the garden, may be tread out by these an Alley of three fote broad: next to which, if the Gardener will,

may he diſpoſe ſundrie beddes togither, for diuers kindes of hearbes, as the Arrache, Spinedge Rocket, Parſelie, Sorrell, Beetes, Speradge, Cheruill, Borrage, Fenell, Dill, Pynts, white Poppie, and ſundrie others. Next ioyning to theſe, may the owner or Gardener place an other alley of three fot broade, by which, frame beds for the Lékes, and Cyues, and to the next, may the Gardener ioyne beds for the Onyons and Chiboules, by theſe next, the Scalions and Garlike in two beds diſpoſed. Then leuel out by theſe an Alley of thrée fot and a halfe broad, to which the Gardener may adioyne manie beds about for borders, ſeruing as well for the kéeping in of the ſauours, as for hedges, and pot-hearbes for the Winter. After theſe, it ſhall bee right profitable to leuell a bedde onely for Sage, another for Iſop, the like for time, another for Marioram, a bedd for Lauender, another for Roſemarie and Southerenwood, a bedde for Sauerie and Iſop, beddes for Coſtemarie, Baſill, Baulme and running Time: yea a bedde for Camomile, for the vſe of benches to ſit on, and a delectable Labyrinth to bee made in the garden (if roome will ſo ſerue) with Iſop and Time, or the Winter Sauerie onely. In the garden beſides, to ſow and plant diuers Phiſicke hearbes, and pleaſant flowres, ſhall be to great vſe and commoditie, in that theſe, beſide their delectable ſight, yéelde a commoditie to our bodies, in curing ſundrie griefes as well in women, as men, for which cauſe, it ſhall be neceſſarie to ſow beds of phiſicke hearbs next to theſe as the bleſſed Thiſtle, the Romane Wormwood, the Sperage, hearbe Percurie, Gentiane, Dittanie, hearbe Fluelline, Harts tongue, Bugloſſe, Selfe heale, Liuerwort, Lungwort, Stecados, Valerian, Spykenard, Lionſwote Mugwort, hearbe patience, Angelica, Byttony, and manie others, of which in the ſecond part ſhall particularly be vttered, and their Phiſicke benefits to be employed manie waies.

The rare inuentions and defences for moſt ſeedes to be committed to the earth, that theſe be neither endamaged of Birdes nor creeping things. Chap. 6.

ALl worthie writers agrée, that in vaine the huſbandly Gardener ſhall trauel, yea and all other, if the ſéeds beſtowed in the earth, happen

happen after to be endamaged either of wormes, and other creeping thinges, or otherwise scraped vp and wasted by birds, or els harmed by any other iniurie, whether the same be wrought within or without the earth, for which cause, that the owner or Gardener may auoid these iniuries, it is high time that hee employ a care and diligence in the conceiuing of these remedies and secreats folowing. If sedes to be committed to the earth, are a little time before the bestowing, steeped in the iuice of houseleeke or syngrene, they shall not only be without harme preserued, from Birds, Ants, Field-myce, and other spoilers of the garden hearbes, but what plants shoot vp of these, shall after proue the better and worthier, as I obserued the like, found noted both in the Greeke comentaries (of matters of the field) and Latin authours of husbandrie, which to be most true, although experience instructeth and approueth the same, yet this manie times happeneth in sundrie Countries, that small store of the hearbe can bee found to supplye the turne, by reason whereof the Gardener must be forced to exercise a sparer way after this maner, in steeping of the hearbe for a night in a good quantitie, and the same to sprinkle sufficiently on the sedes, whereby they may all the night drawe and drinke in the substance of the hearbe as the worthie Columella instructeth.

And for lacke of this hearbe altogether, (the said Authour reporteth) that the Gardener may vse in steade of it, the sote cleauing on the chimney, which gathered a day before the bestowing of the sedes in the earth, and mixed for a night with them, doth the like defend the sedes in safetie.

The Greeke writers of husbandrie (and after them, Plinie, and the worthy Neapolitan Palladius Rutilius) report, that those seeds may bee preserued in safetie, from all euill and garden monsters, if the bare heade, without flesh, of either Mare or shee Asse (hauing beene couered of the Male) bee buried in the garden, or that the middest of the same fixed on a stake set into the earth, bee erected.

The worthy Plinie further reporteth, that there is a garlike growing in ỹ falow field (named Allium) which on sodden wise boiled, ỹ the same will not grow againe, and strawed on the beds sowne, doth in such maner auaile, that birdes after wil not scrape vp the earth

nor ſpoile the ſædes beſtowed in them. And ſuch which haue eaten of this, are taken (as being aſtoniſhed) with the hand. The well practiſed Affricanus vnto the ſame matter inſtructeth, that if a quantitie of wheat or Barley be boyled or infuſed in wine, and mixed with Meſwort, as either the blacke or white, and the ſame ſprinkeled abroad by the pathes of the beds round about, doth on ſuch wiſe defend the ſædes ſowne from the iniurie of birds. But theſe being in a maner dead by eating of this, or at the leaſt ſtarke drunke, he willeth them to hang vp by the legges, on a long rodde ſticked in the earth, to the terror and fearing away of all other birdes comming to the place. Nor this worthie Author omiteth the rare practiſe of the decoction of riuer Creabiſes, : with which if the Gardener ſhall ſprinkle his ſædes before the ſowing, Byrdes will neuer after (a matter to be marualled at) approch to the garden beddes: yea the plants beſide, which are ſprung or ſhott out of theſe, ſhall endure and continue ſafe and free from all the iniuries of creeping things. There are certaine ſkillfull practitioners, which affirme to haue auailed mightelie in driuing away birdes, by the onely ſprinckling of this decoction aboue taught of the plants come vp, which matter hath of manie beene experienced aboue a hundred times, ſo that the ſame were wrought at a certaine period and time of the Moone. Sundrie practitioners mixed the bruiſed leaues of the Cypreſſe tree, with the ſædes for a night, and the ſame mixture on the morrow they beſtowed in the earth, being afore well wrought, and turned in with dung. For on ſuch wiſe the plants ſprong out of theſe were deliuered from all maner of gnawing or creeping thinges. Others ſkilfully practiſed, vſed the drye ſhauings or filings, either of the Hartes horne, or Elephants toth, which they mixed with the ſædes for a day, committed them after to the earth, or they other wiſe ſprinkled the ſeedes to bee ſowne with the water of the infuſion and mixtion of theſe for a night.

The wittie helps commended of the ancient for the Garden ſeedes, to be employed as well before as after the ſowing that theſe be not harmed by outward nor inward iniuries. Chap. 17.

THe ſingular Poet Virgill counſelleth that the ſædes to be cõmitted to the earth be afore ſprinkled & moiſted with the water of Nyter

Nytre infuſed, or the Brine made of the ſame.

The Græke Apuleius willeth, that ſædes (before the ſowing) be ſprinckled and moiſtned with Wine, for on ſuch wiſe handled, the plants ſpringing and ſhooting vp, weaken the leſſe, yea being fæble, they ſhall mightily by holpen with water and braine mixed & ſprinckled on them.

There are certaine Græke inſtructers of huſbandrie (both of Plinie, Columella: and the Neapolitane Paladius Rutilius) allowed and commended, which will, that the rootes of the wilde Cucumber be infuſed for one whole day and a night in faire water, and with the ſame, through the often ſprinckling, ſo to moyſten well the Sædes, the next day thoſe ſædes couered ouer with a blancket, they will the next morrowe, to be committed to the earth, affirming the Sædes thereby to proſper the better, and theſe for a certaintie to bée preſerued from all euill annoyances. The ſelfe ſame doth the ſkilfull Apuleius will, that a fewe Lentels be alſo mixed with the Sædes, in the ſowing of them, for as much as the ſame pulſe by propertie, auaileth againſt the harmes of windes: This authour further willeth, that for a ſafetie of the ſædes beſtowed, a ſpeckled Tode, named of the Grækes Phrynon, be drawne by a line in the night time, round about the garden or field, afore the earth be laboured, or diligently digged and dreſſed of the Gardener: and the ſame after incloſed in an earthen potte, to bée buried in the middeſt of the garden or Fallow field, which, at the preſent ſowing time approached, ſhall be digged forth, and throwne or carried from that place, a great diſtance off, leaſt the plantes (after the Sædes ſowne) growing vppe in that place, may proue or become bitter and vnpleaſant of ſmell.

The Egiptian and Græke inſtructors of huſbandry report, that the ſædes, after the beſtowing, will remaine vngnawn or bitten, and frée of harme by créeping things in the Garden, if the ſædes ſhall be committed to the earth when the Moone poſſeſſeth her half light, or is quarter old. It might be thought an obliuiouſnes, to haue ouerpaſſed the phiſicke experiment of ỳ ſingular Democritus, both for ỳ ſæds and plants, noted diligently (of the ſkilfull Neapolitane Palladius Rutilius) after this maner: Beſtow & cloſe couer (ſaith Democritus) of the Sea or riuer Creuiſſes, no fewer than ten in nũber, into a glaſſe body

filled vp with water, the same set abroad in the aire, let so stand to be sunned for ten daies togither, the Seedes that you would after haue to remain in the earth vnharmed, sprincle & moisten with the same water for eight daies togither, after these eight daies ended (as Rutilius instructeth) doe in like maner with that water, vntill the plants after your desired mind be well sprung vp, at which experiment thus handled, you will greatly marueil: for out of these seeds, what plants shall be sprung and shot vp, will not only driue Beastes and Cattell from the eating of them, but all other creeping thinges of what condition they be, from the gnawing and biting of them, of which matters shall further be intreated, in the proper Chapters a little after, and for other defences and helps of seedes as occasion offereth in the places shall be vttered.

The laudable instructions of the auncient, in the nature and election of sundrie Seedes, with the apt times commended for the sowing of most Kitchin Herbes. Chap. 18.

THe singular Columella instructeth, that all seedes bestowed in the Garden, for the vse and benefite of the kitchin or pot, ought rather be done in the increase of the Moone, as from the first, vnto the first day. Forasmuch as all seedes committed to the earth, in the decrease or wane of the Moone, either slowly breake and shoote vp, or else so weakely increase, that these after serue to small purpose. It manie times also happeneth (as the worthy Varro reporteth) that although the seedes bestowed in the earth, be done in the increase of the Moone, the seedes besides hauing a fuire, waightie, full, white meale in them, & in no maner corrupted or too old, yet these notwithstanding are hindered through some euill constellation, which of the skilfull is named an influence of heauen, were the gardeners diligence neuer so much, so ỹ it is not impertinent to the matter here to recite what the worthy Neapolitane Palladius Rutilius reporteth of ỹ garden-ground, which saith, that a garden-plot, placed and lying vnder a freshe and sweete ayre, and moistned gently by some spring or sweete water running by, is in a maner battell and readie inough, whereby the same requireth but a small instruction & diligence, to be bestowed in the sowing of it. The bestowing of seedes in a moist earth, the beds afore short cast, ought to be done in the warme season of the Spring, as in May,

and

and the moone increasing, for seedes on such wise handled, prospar the better, through the warme and drie time following. But if occasion moueth you to commit seedes into a drie ground, and that water bee farre distant, then digge the Allies of the beddes deepe, and in a slope maner, for the better leading of water from beds sufficiently moistned, to others lacking moisture: and to these such a drie Earth better agreeth to be sowen in the harueſt time, the grounde before well moistned with shoures, herein not forgetting the choise of seedes, nearest agreeing to the natures of these two Earthes, with the furtherance of the moone at time of the sowing. If the Gardener mindeth to commit seedes to the Earth in the Summer time, let the same bee done in the increase of the moone, in the moneths of July and August. In the harueſt time about the middle of September, and in October, the moone in those moneths in her first quarter: for the time againe of committing seedes to the Earth, let the same be done in the moneths of February and March, the Moone at those times increasing of light.

The Seedes which ought especially to be sowen in the Earth, about the end of harueſt as about the middle of September, and in October the moone at those times increasing, that these may all the Winter endure, and be strengthned in the grounde, are the Endiue, Onions, Garlike, Scalions, the great Garlicke, yoong Leekheades, Colewortes, Muſtard-seede, and such like.

The Garden-ground naturally colde, or all the day receiueth but a weake comfort of the Sunne, through his short presence or tarying there, or else in colde countries, as at Yorke, and farther North. In such places I say, the bestowing of many seedes better agree to bee done about the middle of the Spring, or in the moneth of May, in warme and calme daies, the moone then increasing of light.

But the seedes to be committed to the earth in those countries and places in the harueſt time, ought rather to be done sooner or before the time with vs, where the seedes otherwise to be bestowed in hote countries and places in the spring time, require farre timelier to bee done, as in the beginning of the moneth of March, and the seedes to be sowen in those places in the harueſt time, to be bestowed much later.

The seedes that at will of the Gardener may be committed to the

Earth, either in Haruest or Spring-time, chiefly for the kitchen or pot, vnder a gentle ayre, and in a Battle ground, are these, the Colewortes, Nauew, Artichoke, Endiue, Lettuce, Dyll, Rocket, Coliander, Parsely, Fennell, Radishe, Parsnip, Carret, and sundrie others. Yet these by report of the skilfull, come better forward, being sowen in the moneth of July, the country there hote, but in the countrie temperate, the sædes ought rather, in the moneth of August: and in the countrie being colde, in the moneth of September. Those sædes committed to the earth in warme and calme daies, prosper far better, than those being sowen in hote and nipping cold daies: for that the warme, comfortably drawe vp the plantes, whereas the hot daies (in a contrarie maner) doe drie, and the bitter colde shut the earth.

The sædes which the Gardener minde to bestowe in the earth, ought not to be aboue a yeare old, and that brused haue a white meale within, & full: for otherwise being ouer old, or withered, they wil neither grow, nor profit at all. The fresher and newer that the sædes be, at time of the bestowing in the earth, as the Lake, the Coucumber, and the Gourde, so much the soner these breake, and appeare aboue the earth: contrariwise, howe much the older the sædes shall be, as the Parsely, Betes, Organy, Cresses, Pencroyall, and Coliander, so much the spædier doe these shoote vp, and appeare aboue the earth, so that the sædes before the sowing be not corrupt.

Certaine precepts of the skilfull in our time, for the sowing of many delectable floures, and tender Hearbes with the obseruations of the Moone in these, and in other matters necessary. Chap. 19.

The latter writers of husbandrie reporte, that these tender Hearbes, and pleasaunt floures, as the Maioram, Sauerie, hearbe Fluelline, Buglosse, the blessed Thistill, the hearb Angelica, Valeriane, Balme, Annis, Dill, Fennell, Organy, Mintes, Rue or hearbe Grace, Sperage, Arache, Spinache, Betes, Endiue, Borage, Rocket, Taragone, Parsely, Sorrell, Endiue, Strawberie, Lettuce, Artichoke, and sundrie others, the Marrigolde of all kindes, Rosecampion the redde and white, the flower Armoure, the

Floure

Floure Petilius, the Columbine white and blew, ſweete Johns, the Pincke, Hearts-eaſe, the Pionie, red Lillie, hearbe Sticas or Lauander gentle, Batchelers-button, the Gilliflowre of all kindes, the Carnation, and many others, ought rather to be committed to the earth in the ſpring time and ſowen in the moneths of March and Aprill, for they ſpædier come forward, than beſtowed in the moneth of Februarie, herein conſidering the ſtate & diuerſitie of the time. The ſædes alſo of the tender hearbs committed to the earth in an apt time, and the Moone in her firſt quarter, doe the ſpædier ſhut vp, being ſpecially ſowne after ſhowres of raine, on ſunnie and warme places, (as lying open all day to the ſunne) which on ſuch wiſe do the ſooneſt and ſpædieſt breake, yea and appeare about the earth. For which cauſe, a diligent care muſt be had in the beſtowing of tender ſædes, that the winde then bloweth not from the North, nor done in colde and cloſe daies: for theſe both include the ſædes in the earth, and hinder their growing and ſhoting vp.

Sædes beſtowed in hote places, doe ſooner yéld their ſtemmes and leaues, yea theſe ſpædieſt giue their ſædes. Such time vſe in the ſowing of your ſæds, as may be both mild and warme, in that warm daies following ſpéde more forward the ſædes beſtowed.

As touching the moſt ſæds committed to the earth, they ought rather (as afore vttered) to be new, not reueled but full, bigge weighty, faire of colour, fattie or hauing a iuice, which broken giue a white meale and not dry powder, for the ſæds that after the breaking yéld a drie powder, doe well declare them to be corrupt, and ſeruing to no purpoſe.

The ſædes thus tried afore, and beſtowed at that time in the earth, when ſhowers fell a day or two before, and a temperat day at the ſowing of the ſæds doe verie well proſper the growing, & procure theſe to ſhoote vp far ſpeedier. In that a cold ayre at the ſowing, and a day or two after, is knowen to be harmefull to ſædes, through the including of them in the earth, and hindring in their growth and ſhoting vp.

If neceſſitie forceth the Gardener to beſtow any ſædes or plants in a ſalt earth, let theſe be either ſet or ſown about the end of harueſt, whereby the malice and euill qualitie of the ground may be purged, through the ſhowres falling all the winter.

If the owner or Gardener mindeth to bestow young trées in this grounde, let swéte Earth or riuer sand, be turned in with the same.

The Gréeke writers of husbandrie (after whom Columella and Rutilius) will, that all the kindes of pulses, as peason, hastinges, betches, tares, and such like, to be sown in a drie earth, sauing the beanes, which rather ioy to be bestowed in a moist ground.

What sédes the Gardener mindeth to commit, in a well dressed earth let these be bestowed from the first day vntill the full light of the Moone (well nigh) for that sédes sowne in the wane of the Moone, come vp thin, and the plants insue weake of growth. Such trées as the husbandman, mindeth to build withall, let those rather be cut down after the consent of the skilfull in the last quarter of the Moone, she shining (at that time) of small light, yea neare to her change, and vnder the Earth.

In the cutting downe and gathering of corne (as Macrobius willeth) for the longer preseruing of it and the straw drie (so that the same be done in a drie season) doth better agrée, being in the wane of the Moone.

Such crescent things as the Gardener (or Husbandman) mindeth otherwise to sell, ought to be cut, and gathered in the full Moone, whereby the greatnesse thereof such thinges may yeelo a better sale, and be delectabler to the eye.

Such things as the husbandman mindeth to preserue a long time moist, as Aples, Peares, Wardens, and such like, let them (after the minde of the skilfull) be rather gathered neare the full of the Moone.

For the committing of Sédes to the earth, although the auncient husbandmen prescribe proper monthes and dayes, yet may euerie person herein keepe the precept, according to the nature of place and ayre, so that these diligently be considered, how certaine sédes there are, which spédier spring vp, and certaine which slower spring vp aboue the earth.

The

The commended times to be obſerued with the annoiance and incommoditie to be eſchewed in the beſtowing of ſeedes and plants in the Earth. Chap. 20.

THe ſinguler D. Niger. learnedly vttereth, that the more of eſtimation the ſædes and plants are, with trauailes there about beſtowed, ſo much the circumſpecter ought euerie Gardener and husbandman to be, and the more inſtructions and help the Gardener may attaine, and the greater danger he may therein auoid, the more carefull ought he and all others to be.

The daily experience is to the Gardener, as a ſchoolemaiſter, to inſtruct him, howe much it auaileth and hinderth, that ſædes to bee ſown, plants to be ſet, yea Sions to be grafted (in this or that time) hauing herein regard, not to the time eſpecially of the yeare, as the Sunne altereth the ſame, but alſo to the Moones increaſe and wane, yea to the ſigne ſhe occupieth, and places both aboue and vnder the earth.

To the aſpects alſo of the other planets, whoſe beames and influence both quicken, comfort, preſerue, and maintaine, or els nip, wither, drie, conſume and deſtroy by ſundry meanes, the tender ſædes, plantes, yea and grafts, and theſe after their propertie, and vertue naturall or accidentall.

Herein not to be forgotten, the apt choiſe and circumſpection of the earth, with other matters generally required in the ſame, for which cauſe (after the minde of the ſkilfull Aſtronomers) and prudent experimenters, in either committing ſædes to the earth and planting, or other like practiſe to be vſed about the ſædes, plants and young trees, theſe rules following are to be vnderſtanded and kept (which they haue left to vs for our commoditie) in caſes of importance, and where the occaſion may be imploied.

When the Moone and Saturne, are either threeſcore degrees of the Zodiacke aſunder (which diſtance in heauen) is named of the ſkilfull, a Sextile aſpect, it is then commended to labour the earth, ſow, and plant, marked after this maner.*

But when theſe are 126. degrées aſunder, which properly is named a Trigon, or trine aſpect thus noted △ for the more part, then is that time better commended for labouring the earth, whether it be for tilling, gardening, ſowing, planting and ſetting, or cutting of vines.

When

When the Moone and Saturne, are well a quarter of the Zodiak distant, which is 90. degrées (named of the skilfull a quadrate aspect) thus commonly marked □ then is denied vtterly to deale in such matters.

The Moone being fiue signes distant from Saturne, so that hée occupieth the like degrée in Taurus, as Saturn in Scorpio, or the Moone otherwise in like degrées of Gemini to Saturne (right against) in Sagitarie, this aspect together is disalowed of the expert Astronomers, and noted after this maner. ☌

The Moone possessing her ful light at those times, is like denied of the skilfull: yea the Moone being nére to that section, named of most Astronomers the Dragons taile, is in like maner disalowed for sowing of fine séedes, and setting of daintie plants. Héere vttering precepts generall, as we now doe.

But the Moone approched nére to that sectiõ, named the Dragons head: the same time for doing the like is very well commended: all things before supposed agréeable. But to be briefe, and to knit vp other obseruations, answering to the Moones place especially, learne these ensuing.

The Moone increasing, and running betwéene 28. degrée of Taurus, and the 19. degrée of the signe Gemini, sow fine séedes, and plant daintie hearbs, your earth afore prepared, and ayre answerable.

But the Moone found betwéene the 28. degrée of Gemini, and the first of Cancer, (although she increase) yet bestow no daintie séedes in your earth prepared for the purpose.

From the first degrée of Cancer, vnto the 19. degrée of the same signe (so that ☽ Moone increase) both labour the earth, sow fine séedes, and plant daintie hearbs, herein regarding the condition of the ayre.

From the 28. degrée of the signe Leo, vnto the 11 degrée of Virgo, your séedes and plants of valour, sow and set, the warme ayre and Moone ayding therto.

From the 11 degrée of Virgo, vnto the 24 degrée of the same signe, commit séeds to the earth, and set vp your daintie plantes, so that the winde then bloweth not from the North, nor the aire cold.

From the 24 degrée of Virgo, vnto the 7 degrée of the signe Libra, labour the garden ground, and sow your fine séeds, so that the Moone increase.

Foom

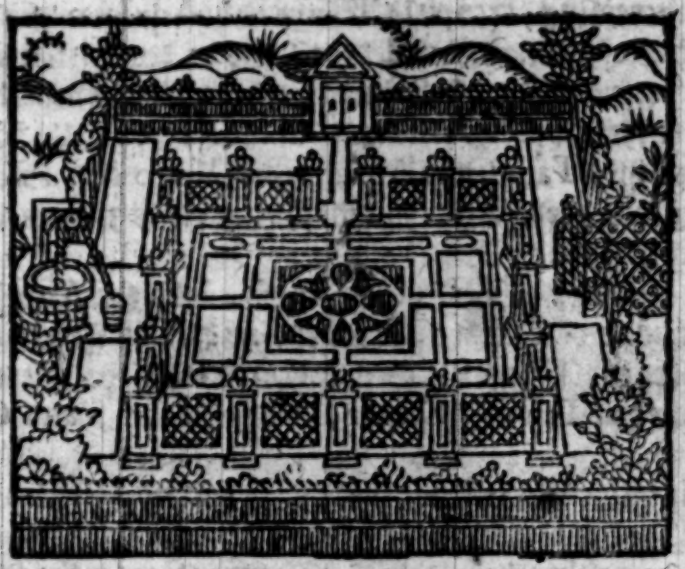
From the ſeuenth degrée of Libra vnto the xix degrée of the ſame ſigne (the Moone anſwering thereto) ſow and plant.

From the firſt of Capricornus, vnto the xix degrée of the ſame ſigne (both the Moone and ayre ayding thereto) ſow your fine ſeedes and daintie plants ſet.

From the xviiii. degrée of Piſces, vnto the ſeuenth degree of Aries, the moone increaſing of light, and ayre calme, beſtow your ſeeds and plantes in the well dreſſed earth, prepared for the onely purpoſe.

These precepts of the prudent experimenters, well borne away of euerie carefull Gardener, the ſeeds and plants no doubt, ſhal proſper and increaſe the better.

Certaine inſtructions more curious to be learned of euerie skilfull Gardener, in the beſtowing of ſeeds and daintie hearbes in a well dreſſed earth. Chap. xi.



The learned Plinie worthie of memorie, vttereth a ſpeciall note and rule of the ancient obſeruers, to be learned of euery carefull Gardener, in the beſtowing of ſeedes: that if he be occaſioned to commit ſeedes into a moiſt earth, or the ſeeds to be beſtowed are of a great moiſture, then ſhall the Gardener commodiouſly chuſe the ende of the Moones decreaſe or wane, and neare to her change.

In a contrarie maner, the Garden-grounde of the drieſt, or the ſeedes verie dryie, then in committing ſuch ſeedes to earth, let the moone be increaſing, and drawing neare to her full.

To the better furthering of the gardeners trauels, he ought afore to conſider, that the Garden-earth be apt and good, well turned in with dung, at a due time of the yeare, in the increaſe of the moone, ſhee occupying an apt place in the Zodiacke, in agreeable aſpect of Saturne, and well placed in the ſcite of heauen. All theſe thus afore hand learned, and with diligence beſtowed, procure the plantes the ſpeedier to growe, and war the bigger, if afore waygbtie, full, &c. as before vttered in the nineteene Chapiter, for otherwiſe this care and paines beſtowed about the ſeedes and plants, nothing auayleth the Gardener.

The yearly Almanackes do meruellouſly helpe the Gardeners in the election of times, for ſowing, planting, and graffing. but eſpecially in obſeruing the moone, about the beſtowing of plante, as when the moone increaſing, occupieth Taurus and Aquarius. But if it be for the ſetting of yoong trees, let the ſame be done in the laſt quarter of the moone, ſhee then being in Tauro, and in a coniunction with Venus, for ſo theſe ſpeedier take roote in the earth, and the Gardener planting in either Taurus and Aquarius, or Virgo and Piſces, muſt as carefully take heede alwaies, that the moone is not euill aſpected of Saturne and Mars.

In the planting alſo of yoong trees, lette the ſame bee done from the middle of October, vnto the middle of March. In the ſowing of ſeedes, in a well dreſſed Earth lette the Moone runne at thoſe times in Taurus, Cancer, Virgo, Libra, and Capricornus.

But this diligently learne, that the ſeeds and Plantes increaſe the better, if any of theſe ſignes ſhall be aſcending in the Eaſtangle, and that Mars neither beholdeth the Aſcendent, or the Moone by anie aſpect, but ſhall be weakly ſtanding in a weake place of the figure at that time.

Here might many other rules, as touching the particular fauour and hinderance of the ſtarres bee vttered, but that it is not my intent in this Chapiter to be tedious in woordes, or darke in ſenſe. For which cauſe, let theſe few rules content the Gardener, who

by

by exercising of them, and through an instructer, may inuent other rules more particular.

Yet I feare me, that the common sort of men will suppose these rules to extend somewhat aboue their capacitie, which for zeale I beare vnto my countrie, mooued me notwithstanding to vtter and put such matter into their heads, procuring them thereby (that where the daintinesse and valew of the sædes, and plants so require) to request the counsaile of some skilfull, that both may make plaine these precepts, and instruct them in other rules alike, if need requireth.

To conclude, the Gardener must here suppose all matters on his part to be fully and duly first prepared, and well appointed and then to attende, or diligently take hæd to those times afore vttered for the woorking of the Planets and starres, in the bestowing of sædes and tender plants in the earth.

In what space of time seedes committed to the Earth, in the increase of the Moone, commonly shoote vp and appeare aboue ground Chap. 22.

FLorentinus (a Græke writer of husbandrie) cunninglie vttereth, that the naturalnesse of the gounde, the clemencie of heauen, the fauoure of the weather, and age of the sædes, procureth that the sædes being bestowed in the ground, doe either spædier, or later shoote vp into plants. For which cause, the daintie sædes committed to the Earth in a faire and warme daie, the place hote or lying open to the Sun, and the sædes new, doe farre spædier shoote vp, than those that being sowen in a contrarie season, place, and grounde.

All sædes sowen, doe euermore appeare aboue the earth at one certaine time in a manner, for which cause the Gardener ought to haue regard vnto the proper times answering to the bestowing of sædes, and gathering the fruites or yæld of each sædes.

The Spinage, Rocket, Basil, and the nauew sédes, breake and appeare aboue the earth, after the third day sowing, if a warme ayre succéde.

The Lettuce séeds bestowed in a well dressed earth, do breake and appeare aboue ground, by the fourth day following, if the clemencie of ayre, aide therto: the Coucumber and Cytrone séeds, bestowed in the increase of the Moone, and showers of raine falling the same or the next day following, procure them to appeare the fift day after.

The séeds of that sightly hearbe, named the flowre Amour, being sowne in the increase of the Moone, and the ayre fauoring, doo breake and appeare aboue the earth by the seuenth or eight day following.

The séeds of the hearbe Dyll, bestowed in the earth, in the increase of the Moone, doe (for the more part) appeare by the fourth day following.

The séedes of the Garden Cresses, and Mustarde, committed to the earth in the increase of the Moone, do commonly appeare aboue the ground by the fift day after.

The Léeke séeds (bestowed in the ground) in the Summer time are séene aboue the earth by the first day following, but in the Winter time in well dunged beds by the tenth day after.

The séedes of the hearbe Rocket, committed to the ground in the increase of the Moone, appeare by the eight day following.

The séedes of all kindes of Colewoorts, bestowed in well dressed beddes, are euermore seene by the tenth day following, if the cold ayre hindereth not.

The séedes of the great Leeks, bestowed in well dunged beddes, appeare manie times by the nineteenth, but oftner by the twentith day following.

The Coliander seedes, bestowed in well trimmed beds, and in the increase of the Moone, are commonly seene aboue the earth by the xvb. day: but the yoong plants later appeare if the seedes bestowed are new.

The seedes of the Organie and Sauerie, bestowed in light earth, and the Moone increasing, do appeare aboue the ground by the thirtie day following.

The

The Parsely seedes, committed to the earth, and the increase of the Moone, do commonly breake and appeare aboue ground, by the xi. day following, although they are not many times seene before the fiftie day.

Thus haue I briefly vttered, a true and pleasant instruction, both for the age of seedes, and skill of the Gardener in the sowing of them. For as I haue aboue saide, the Leeke, the Coucumber, and Cytrone seeds, doe spedier come vp, being new seeds: in a contrarie maner, the seedes of the Parsely, Beetes, Spynage, Cresses, Sauery, Organy, Pennyroyall, and Colyander, the elder that these are (before the bestowing in the earth) the spedier the seedes breake, and appeare aboue ground.

The seedes in like maner of the Coucumber, steeped in milke or luke warme water for a night, and committed to the earth, vnder a warme ayre, do far spedier breake, and appeare aboue ground. The like may the Gardener conceiue, to be done with the seedes of the Artichock, and many other hearbes, of which, shall particularlie be vttered, in the proper places hereafter.

The third monthes sowing, or rather in May, to such dwelling far North, and where snow lyeth long, there (this bestowing of seedes) better agreeth, especially, where the qualitie of summer is knowne to be moist.

But in other countries (this like) by a seldome happe answereth, seedes three monethes old committed to the earth, in haruest time, will better agree, being done in hote countries, the Moone herein considered.

The Gardener in his well trimmed earth, (the time aiding) may commit to the ground all worthie and excellent kinde of seedes, plants, slips, kernels, and such like: but these for a triall bestow in the beds in your garden.

So that in any new kindes of seedes, not assayed or proued before, the Gardener may not throughly hope, that these will prosper in his ground.

These seedes committed to the earth, in moist places, do spedier shoot vp (the Moone helping) then bestowed in dry ground: for which cause, election vsed in sowing of good & full seeds (in either ground) much auaileth.

The ſeeds or ſets beſtowed in ſhadowie places although the earth be well laboured before, do rarely or very ſeldome proſper, and yéelde their floure.

The plants growne to their flowre, may at that time (after the minde of the Neapolitane Palladius Rutilius) bee little or nothing handled, for doubt of corrupting their floure, or the ſooner sheading of them.

What care and diligence is required of everie Gardener, in the plucking vp, and cleare weeding away of all vnprofitable Hearbes growing among the garden plants. Chap. 23.

After the ſeedes being workemanlie beſtowed in the beddes, the Gardeners next care muſt be, that he diligently pull vp, and weede away all hurtful and vnprofitable hearbes, annoying the garden plants comming vp.

But about this exerciſe in weeding of the beds, there is a diſagréement among the writers of huſbandrie. For certaine denie that the raking doth profit the plants any thing at all, in that by the rake the rootes of the garden plants are ſo vncouered, and the plants with the ſame felled, and cauſed to ly flat on the ground, which, if colde weather inſue, are vtterly killed with the nipping ayre, for which cauſe, they better thought of that weeding and cleanſing exercise, by pulling vp with the hand, ſo that the ſame were done in due order and time.

Yet it pleaſed many huſbandmen in time paſt to rake vp the weeds in bed, yet not after one maner, nor at all times alike, but according to the vſage of the Countrie, the good ſkill and condition of the weather: for which cauſe, in what maner ſoever this exercise ſhall be taken in hande, that weeding ſhall neede or be required in theſe places, the Gardener ſhall not attempt or beginne the weeding of beds with the hand, before the plants well ſprung vp, ſhall ſeeme to couer their proper beds, and that in this high growth, the plants ſhal be mixed and ioyned one to the other, according to the nature and forme in their growth.

In this plucking vp, and purging of the garden beds of weedes & ſtones, the ſame about the plants ought rather to be exerciſed with

the

the hand, then with any yron instrument, for feare of fæbling the yong plant, yet small and tender of growth.

And in the weeding with the hand, the Gardener must diligently take hæde that he do not too boysterously lose the earth, nor handle in ueh the plants in plucking away of the weedes, but the same purge so tenderlie, that the roles of the yoong plants be not loosed and feebled in the soft earth: for occasion will moue the carefull Gardener to weede daintie hearbes, being yet yoong and tender, least grosse weeds in the growing vp with them, may annoy and hinder their increasing. Therefore the yoong plants in some readinesse to be taken in hand, ought not to be stayed vntil their strong & big growth, but weeded in the meane time, for doubt of the inconueniences aboue vttered. But the common hearbes for the kitchin the Gardener shall not begin to weede before they be growne strong in roote, & big shot vp, And this learne, that if the earth be lose and soft at the time of weeding the daintie plants, you may not then loose & pull vp weeds, but in a soft and tender maner: and yet fine hearbes require all times to be weeded, so that showers of raine haue well softened the earth a day before.

The walking or treading often about the beds of the litle and tender plants shooting vp, looseth much the soft earth about them, yea this so setleth downe the ground by the helpe of showers of raine falling, that the weeds growing vp in those beds, are caused the harder to be plucked vp. And sometime the rootes of the weedes in the plucking vp with the hand are left behinde, through this fastnes caused of the earth.

Here remember, that you neuer take in hand or begin the weeding of your beds, before the earth be made soft, through the store of raine falling a day or two before.

Here conceiue, that the clipping, plucking away, and pressing downe of sundie hearbes with Tiles or other weightie thinges. after they be growne to some greatnesse, is to great purpose, for so much as this causeth them to keepe the longer greene, and to yeeld the thicker, bigger, and fairer Tuffes, besides the letting of the hearbes, that they grow not vp into seede, and to giue these a pleasanter sauour, then the same that afore they possessed in their growth simply.

As

As by a like meanes and ordering, both the Lettuce Cabbedge and Colewort, may bee caused better, and more pleasant of taste, then the leaues simply growing, without any such maner of ordering.

In the like condition do the Radish and Nauew rots grow the fairer, and bigger, if diuerse of the greene leaues (after some growth) be handsomely clipped or broken off.

But of the apt ordereng of these two last, in causing their rootes to be far bigger than customable, & pleasanter in tast, shall more fullie be vttered in their proper Chapters hereafter, in the second part of this treatise.

The commended times for watring of the Garden Beddes, and what maner of water ought necessarily be vsed to plants, with the later inuentions of diuerse vessels apte for this purpose. Chap. 24.

The beds being furnished with seedes in due age of the Mone, requireth diligence (if the ayre sufficiently moisteneth not) in the watering of them, least the ground being verie drie of the proper nature, may through the drieth for the lacke of raine, cause both the sedes and tender plants shot vp, to perish and drie.

For which cause euerie Gardener ought carefully to consider the condition and propertie of the earth of his Garden, whether of it selfe the same be verie moist, or ouer drie, which two extreams learned, he may with more diligence, bestow paines about the watering of the garden beds, so often as nede shall require.

And for that the seasons in a maner, sufficiently instruct euerie owner and Gardener, when to water the plants come vp, it shall not be (of my part a new instruction, to vtter vnto them, the dayes and times necessarie to water the plants, seing the yongest of any discretion, know that the beds chiefly require watering after a drought, or when many hote dayes haue chaunced together, as the like especially commeth to passe in the summer time, about the Colmicke rising of the Canicular or dog Star which with vs commonly happeneth about the seuenteenth day of July. And this watering of the beddes ought rather be done (as Plinie witnesseth) in the morning, sone after the

the Sunne rising) and at the euening when the Sunne possesseth a weake force aboue the earth. The reason this Authour alledgeth of the same, is that by watering at the hote time of the day as at noone, the water then made hote by heate of the Sunne, would so burne the yong and tender rootes of the plantes. And in this watering of the beddes, the Gardener must haue a speciall care and regarde, that hee moisten not the plants too much, lest cloying them too much with water, they after way feeble and perish. The water best commended for watering of the plants, is the same drawen vp, gotten out of the Riuer, or other narrow streame ebbing and flowing, or els swiftly running one way, through the helpe of Springs falling into it. But if the Gardener be forced to vse Well-water, drawen especially out of a deepe Well, or the water out of some deepe pit, he ought then to let the same drawen vp stand for two or three dayes togither, or at the least for certain houres in the open aire, to be warmed of the Sunne, least the same beeing newe drawen vp, and so watered or sprinkled forth on the beds both rawe and colde, may feeble and kill the tender yong plants comming vp.

The age also of the plantes, shall greatly viret the Gardener to know how much and how smally hee ought to moysten them at each time needfull, for the tender yong plants new come vp, require a lesser watering, and the same gently, where the hearbes more growen, wil ioy to be plentifully moistned with the water temperate warme. And this water ought gently to be sprinkled forth on the beds, with a watering potte, and by other meanes, which after shalbe demonstrated, that the rootes of the yong hearbs may alike drinke in of the water, and not to be cloyed, through the ouer fast, or too much moisture sprinkled on them, by which doing, these the rather retaine the spirit vanquishing, procured to passe through the exhalation of the earth. For which cause, the beddes at one instant shal not fully be watered, but as the earth and plants drinke in, so gently sprinkle foorth the water, in feeding the plants with moisture, as by a brest or nourishing pappe, which like handled, shall greatly prosper the tender plants comming vp, where they otherwise, by the hasty drowning with water, are much annoyed, and put in hazard of perishing.

To the water standing in the Sunne, if the owner or Gardener mixe a reasonable quantitie of dung, after his discretion, this mixture

no doubt will bee to great purpose; for as much as the same gently watered or sprinkled abroad, procureth a proper nourishment to the tender plants and young hearbes comming vp.

The colde as well as the salt water, is knowen to be enemie vnto all kindes of plants, yet Theophrastus reporteth, that the salt water is more proper for the watering of certaine plants, than any other.

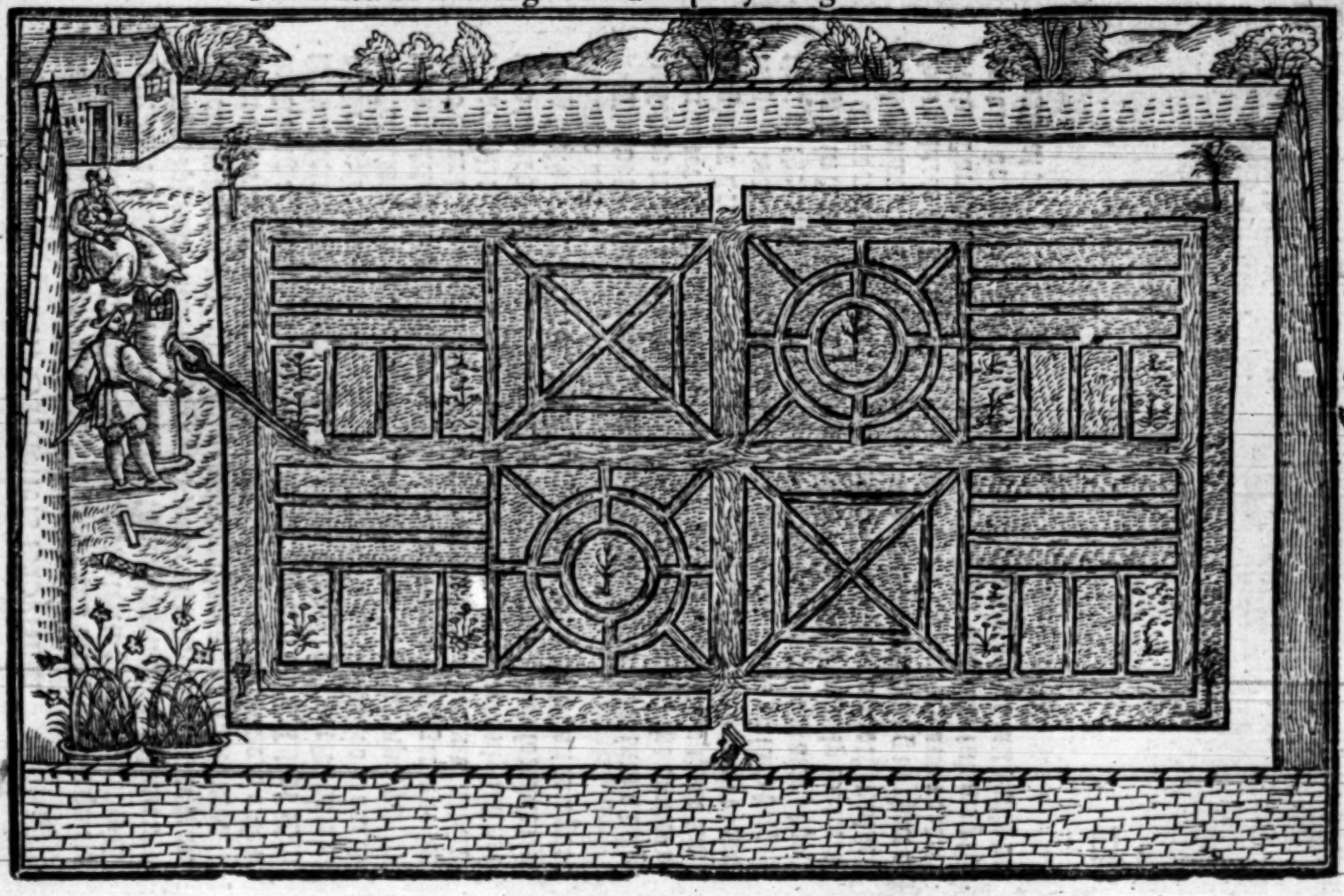
The common watering pot for the Garden-beddes with vs, hath a narrow neck, bigge belly, somewhat large bottome, and full of litle holes, with a proper hole formed on the head, to take in the water, which filled full, and the thombe laide on the hole to keepe in the aire, may on such wise be carried in handsome maner to those places by a better helpe ayding, in the turning and bearing vpright of the bottom of this pot, which needfully require watering.

The watering pot best to be liked, and handsomest for this turne, both for the finely sprinckling foorth, and easie carriage of water in the same from place to place in the Garden, is that much vsed in the chiefest Gardens about London, and in diuers partes of Englande nowe knowen, whose forme is after this manner, the bodie wholly of Copper, hauing a bigge bellie and narrow necke, a strong handle of the same mettall workemanly fastened to the bellie and head, to carrie the potte if neede bee to places in the Garden: but for a more easinesse and quicknesse in cariage of the potte vpright and full, is an other strong ring or handle, fastened Artly to the lips of the pot, much like to the Barbers waterpot carried abroad, that serueth to none other turne, saving for the easie carriage of the pot full of water to needfull places: but this other handle especially serueth to sprinkle forth the water by the long pipe full of litle holes on the head, that some name a Pumpe, which reacheth from the bottom, vnto the head of the pot, for the handsomer deliuering forth of the water, the handle in the meane time guiding this long pipe of the pot, vntil all the water be spent.

The Gardener possessing a Pumpe in his grounde or fast by, may with long and narrow troughes well direct the water vnto all bedes of the Garden, by the pathes betweene, in watering sufficiently the rootes of all such hearbes, which require much moisture. But for a plainer vnderstanding of this, I haue heere in the Page following demonstrated the forme to the eie.

There

The maner of watering with a Pumpe by troughes in a Garden.



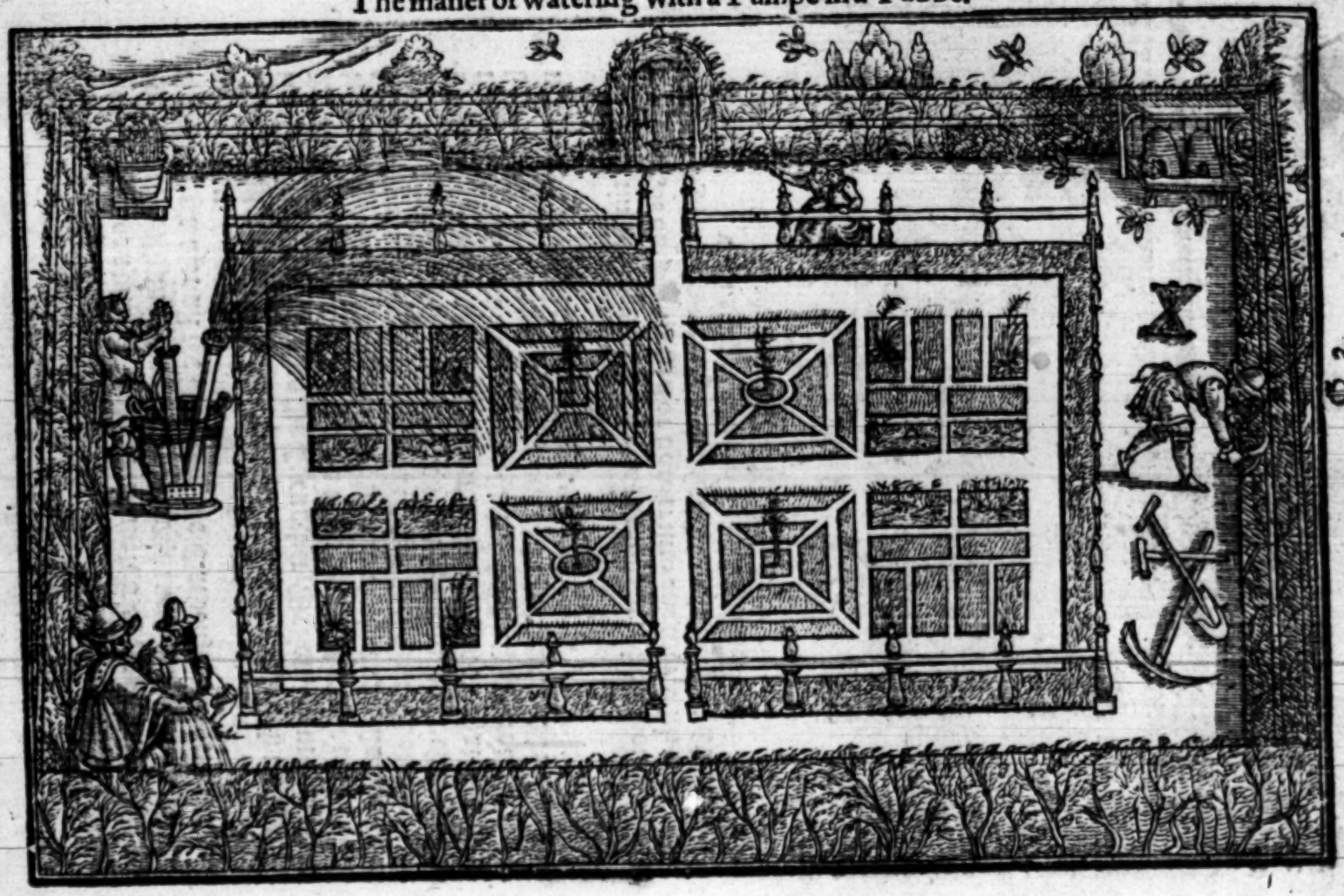
There be ſoms which vſe to water their beds with great Squirts, made of Tin, in drawing vp the water, and ſetting the Squirt to the breſt, that by force ſquirted vpward, the water in the breaking may fal as droppes of raine on the plants, which ſundry times like ſquirted on the beds, doth ſufficiently fede the plants with moiſture.

An other way better commended, and the ſame with more eaſe in watering of plants and hearbes, is done by a great veſſell of Tin, formed ſome what like to a ſquirt, yet in the deuided parts the ſame differeth, for that this hath a pipe of the ſame mettal raiſed from the bottom, and reaching in a maner ſo high, as the great pipe, hauing many little holes at the imboſſed toppe or end, this bigger pipe formed after the maner of a ſmal Pumpe, at whoſe nether end, a thicke ſquare plate of Tin ſtriken full of little holes, workemanly faſtned, into which a Pumpe ſtaffe put for the drawing vp, and forcible ſending forth of the water, by thruſting downe with both hands a good diſtance off.

The veſſell thus prepared in a readineſſe, muſt be ſet into a deepe veſſell or tubbe of water, in what place of the Garden the owner or Gardener mindeth to begin in drawing firſt the Pump vp, and with mightier ſtrength thruſting it down againe, which ſo handled, cauſeth the water to aſcend and flee forth of the pipe holes on ſuch heigth, that in the falling the droppes come downe thorow the aire, breaking it in forme of raine, that one place being ſufficiently watered, the Gardener may then remoue the tub & veſſel into another place, which needeth the like watering, and on ſuch wiſe doing in three or foure places he ſhall ſufficiently moiſten all the beddes and borders of the Garden. That the forme of this veſſell, with the tub may the readier be conceiued, behold this figure following here faithfully demonſtrated.

The

The maner of watering with a Pumpe in a Tubbe.



The owner or Gardner, enioying a Pond with water, in his garden ground, or a ditch of water running fast by, so that the same bee sweet, may with an instrument of wood (named of most men a skiffe) sufficiently water all the beddes of the Garden, with great ease and expedition.

Such plants which come spædiest forward, through much moisture bestowed on them, as the Cucumber, Pellon, Gourd, and sundry others, the Gardener may with farre greater ease and trauell water after this maner, in taking wollen clothes or Liſts, and these like tongues cut sharpe at the one end, which lay to the bottom of the pot, filled with water, the sharpe end hanging forth, well foure fingers dæpe, and the pot leaning somewhat forward, that these may through the continuall dropping, hastily spæde the increase of the aboue said plants, so that to each plant a like pot prepared be set, which maner of doing, is termed filtring.

At what times diuers plants sprung vp, ought to be remoued and set againe, as out of one bed or border into another, with the breaking or slipping of sundry sets from old bodies, which with skill require to be bestowed in the earth. Chapter 25

THe Husbandman or Gardener, which would haue plantes grow vnto a greater bignesse then customable, ought to remoue after

after foure or fiue leaues be well come vp, and set them againe, as out of one bedde bestowed into another, and like from one border into another. Although the owner may (at all seasons) dispose plants, at his will and pleasure, yet is it better commended, that all plantes be changed into other earth prepared when showers of raine haue well moistned and softned the same.

The plants also remooued, and set again into a fat earth well laboured and dressed, needeth beddes, as Columella witnesseth, no other amendement by dung.

The skilful Neapolitane (Palladius Rutilius) in his worthy worke of husbandrie reporteth, that when the Gardener hath bestowed sundrie kindes of seedes in one bedde togither, which after the diligent watering be so risen, that foure or fiue leaues of diuers plants are sprung aboue the earth, such then after this Authours consent, may well be remoued and set againe (into beds workmanly prepared) a certain distance asunder, being such plants that (before the setting) require to haue the tops of the leaues, and ends of the roots cut off, whereby they may the freelier grow vp broad in touffe or bigge in roote.

Those kindes of seede, which after the committing to the earth, and diligent watering, need not, after certaine leaues sprung vp, to be remoued, may the owner or the Gardener bestowe (as Rutilius witnesseth) in the beddes the thinner, the Poms heerein remembred.

The worthie Columella (in instructions of the garden) willeth the owner or Gardener, hauing occasion to pull vp plantes, and sette them againe in beddes, and that the ground the same time (for the lacke of raine, bee ouer dric and hard) to moysten and soften well the Earth a daye before, with water sprinckled foorth, by a watering potte, seruing onely to that vse.

And certaine of these, which require to be sette a good distance asunder, the worthie Rutilius willeth to clippe off the toppes of the young leaues, and the endes of the rootes to cut away, before the bestowing againe in beddes workmanly prepared, as like the Colewort, Cabedge, Lettuce, great Leeke, Nauewe, and Rape.

Againe

Again, a good distance asunder, are ỹ Cucumber, Gourd, Melone, Artichoke, Nigella Romana, and sundrie other, which this placed in beds artly prepared, may the readier and handsomer be weeded, and cherished by the earth digged about, so often as neede shall require, whereby the plants, through helpe of diligent watering, and furtherance of the Moone in setting, are after procured to increase the better, and delectabler to the eye.

The young sets for the garden (of pleasant delight and smell) may the owner or Gardener also bestow in Borders at all seasons (although better commended to be done in the spring time) in breaking of the slips or branches of one yeares growth, from the bodies of old stockes, and in writing the ends about, so to set them a good depth into the earth, the Moone at that time drawing neare to her chaunge, and knowne to be under the earth, which much furthereth the sets in the sooner taking of roote.

But the skilfull Columella rather willeth to cleane the end of the braunch or slip beneath, into which cleft an Ote graine to be thrusted or put, and in the setting deepe into the ground, to bestow Ote grains round about the same, (the Moone then neere to her change) rather than any dung.

And these young hearbs, which the Gardner mindeth to remoue, neede not (saith this Columella) to be striked about the rootes with any dung, but rather that the ends of their rootes (before the setting againe) be cut off, as I aboue uttered.

The Marigold, Dazie, Collumbine, Primrose, Couslip, sweete John, Gillyfloures, Carnations, Pinckes, and sundrie other delectable floures, are procured to increase the bigger, fairer, and doubler, if the owner or Gardener doe often chaunge these into beddes workemanly prepared, the Moone at those times considered, to bee increasing of light, and that a diligence bestowed in the often watering.

As touching the pulling up of sundrie daintie hearbes of pleasant sauour, and that these to be set again in beds (orderly prepared) after the course of the moone, with a care and diligence to be bestowed particularly on most plants of the garden, shall at large be uttered in the second part of this treatise, where we purpose to intreat of many laudable and weightie matters besides.

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The plantes (which after certaine leaues spring vp) neede not to be remoued into other beds, are the Spinage, Arache, Dill, Sperage, Sorrell, Cheruile, Parsely, and diuers other of like sort.

The laudable instructions of the wife, in the gathering and preseruing of the greater number of kitchin hearbes and rootes, with the times apteſt, for the like doing by all Houres, daintie hearbs, and roots to the vse of Phisicke. Chap. 26.

The best and worthiest rootes of hearbs, are for the more part, to be gathered in apt places when the leanes are beginning to fall off, and the fruits or sædes already shed, so that the season be faire: for done in a rainie time, thy roots be caused the weaker, and filled with rude moisture.

The floures in like maner are to be gathered, as the Borage, Bugloſſe, and all others of like sort, when they be wholly opened, and before they fæble, except the floures of the Rose, and Jacemine, which ought to be gathered for the better and longer kæping, before they be much or rather but little opened.

The leaues and whole hearbes are to be gathered, when these be come to their full growth and perfection.

The fruites, as the Melone, Cucumber, Cytrone, and Gourde, when these appeare yellow, and be come to their perfite growth and perfection.

The sædes in like condition are to be gathered, when they be wel ripened, and before the sædes shed on the earth, but those which remaine after the hearbs throughdried, ought to be rubbed forth with the hands, and kept, vnto the time of sowing.

Here remembring that the seeds ought to be gathered in a cleare season, and in the waine of the Moone.

And this for a generall rule obserue, that all those to be gathered, as the hearbes, floures, rootes, fruites, and seedes, are to be done in a faire and drie season, and in the decrease of the Moone.

The hearbes which the owner mindeth to preserue, are afore to be cleane picked and clensed, and dried in the shadowe, being a place

open towardes the South, not moist and free from smoake and dust.

These after are to be put in leather Bagges, rather than into Canuas, the mouthes at the hanging vp fast tied, and into wodden boxes of the Box-tree, to the end the hearbs may not loose their proper vertue, as we see those persons to do, which preserue dainty herbs for the winter time. So that the Poticaries in mine opinion are very negligent, which hang vp the Phisicke hearbes in their open shoppes and ware-houses, through which, the vertue of these not only breathe away, but the hearbs charged and clagged with dust, Copwebs, dung of flies, and much other filth.

The floures ought not to be dried in the Sunne, nor in that shadowe caused by the Sunne at Noone, nor in any chamber or high place aboue, forasmuch as these, through their softnesse and tendernesse do lightly of light occasion, breath away their proper vertue, but especially through the sharpe heate of the sunne, and heate of the aire, vnlesse it be our Rose of the Garden, which to be preserued for a long time, requireth to be dried in a high place standing open to the Sun at noone, or that the sunne beames enter vnto, and yet touch not the Rose leaues.

The better way for drying floures, is to lay them in a temperate and darke place, free from moisture, smoke and dust, and to stirre them too and fro, that these in the drying corrupt not, but to bee eyther close kept in bagges, or continually couered ouer well, that these in the meane time loose not their colour, nor naturall sauour.

After being well dried, these ought to be close stopped in a glazed earthen vessell.

The finer seede are to be preserued in the leather bagges, or in earthen vessels, hauing verie narrow mouthes, or else in glasse bottels, or gallie glasses very well stopped.

But the seedes of the Onions, Chibolles, and Lekes, as also of the Poppie, are to be preserued in the huskes and heades.

For the preseruing of rootes, the owner ought to learne and exercise two meanes, the one for keeping them fresh, and the other for the round roots, as the Nauew, Radish, Carrot, and others of like sort, and for to preserue them drie.

The

The way and meanes to kéepe or preserue rootes freshe, is to burie them in a Seller, in either Grauell or Sande, well turned vppon them, or in a Garden-grounde reasonably déepe digged, euen so déepe as the Gardener doth for the Radishe and Nauew in the Earth, to enioy the commoditie of them for the greater part of the Winter: to preserue rootes drie, the owner or Gardener (after the plucking of rootes out of the Earth) ought to washe them verie cleane, with Conduit or Spring water, after to cutte away all the small and hairie rootes, which done, to drie them in a shadow place frée from the beames of the sunne, as being somewhat darke, if so be these are slender and thinne of rinde, as bée the rootes of the Fennell, Succorie, Parsely, Endiue, Borage, Buglosse, Sperage, and sundrie others like: but if the rootes be thicke of rind, of a grosse essence and bigge, then may the owner lay them to drie in the Sunne at Mooneday, as the Roote of Gentiane, the Earth Apple, Brionie, Raponticke, Aristolochia, or any others like.

After that these be well dried, and like prepared, ought the owner to hang them vp in some Garret or open roome a high, being swéete and drie (through the Sunnes dayly shining on the place at noone) or open to the North, where nothing damaged by smoke, nor dust, nor that the Sunne-beames may harme in any maner, euen as that antient and singular Phisition Hypocrates instructeth, who willeth the hearbes, floures, and rootes, so well fresh as drie, not to be bestowed, in any maner, in any open place, to be dried of the winde, but rather close stopped, in Glasses, Earthen pottes, and square Boxes of wood, to the end, that these lose not their vertue, which otherwise they might soone doe, by lying open to the winde.

All the field plants, floures and rootes, are stronger in nature, but in substance inferiour to the Garden plantes, &c.

Among the wilde plantes, those growing on the mountaines or high hils, do excell the other in propertie.

Among all plantes, those also are of a stronger nature which shall be of a liuelier colour, better taste and sauour.

The force besides of plantes, doe indure (for the more part) vnto two or thrée yéeres.

The hearbes which a man would vse for the Kitchin, ought rather to be gathered with a knife, somewhat aboue the earth, when these are shot vp vnto their perfit growth, as the Béets, Succorie, Arache, Borage, Marigold, Colewort, Endiue, Clarie, Rocket, Basill, Maiorane, Lettuce, Parsely, Mercury, and many others.

When the owner mindeth to vse certaine hearbs, hote of quality, he ought to gather them for the more part, rather fresh than drie, but if his intent be, rather to heate lesser, than séeing the moysture of the grœne, doth much mittigate the heate consisting in it, for that cause is he willed rather to gather the hearbes for phisicke, before they begin to alter their colour.

This for a generall rule note, that all floures, hearbs, and rotes, ought carefully to be gathered in a drie faire season, and not in cloudie, mistie, nor rainie weather. The rotes beside are not to be gathered, but after the fall of the leaues, and those especially from the middle of September, vnto the beginning of the moneth of Nouember. But floures are chiefly to be gathered from the middle of the moneth of May vnto the beginning of July, and after.

And for the fruites of sundry hearbes, these properly are to be gathered, according to the diuersitie of the hearbes.

The worthie remedies and secrets availing against Snailes, Canker-wormes, the long bodied mothes, Garden fleas and earth Wormes, which vitiate and gnaw, as well the pothearbs, as trees and fruits. Chap. 17.

There is none so dull of eie-sight (as I beléeue) which not throughly perceiueth and séeth, howe that the garden riches be diuersly annoied and harmed by diuers creeping wormes and beastes, as well aboue, as vnder the earth, and that through the same occasion, often procured to feeble and waste, and vnlesse spéedie remedies shall bee exercised, that these in the end doe fall downe and perish.

For the pestilent companie of these increase and are séene manie times to be so many or great in number, that by no deuised meanes, neither by fire, nor Iron engine (from the Garden-grounds or fields in which these once shalbe lodged or abiding) can either be driuen away

way or destroyed: therefore I shall doe herein a most gratefull matter (as I suppose) both to husbandmen and gardeners, if against this pestiferous annoiance and destruction, I shall vtter and teach those worthie remedies, that both the auncient and later men by great skill inuented and noted in their learned workes.

From words to come vnto the matter I thinke it time to intreat, and first that singuler Africanus among the Greeke writers of husbandrie reporteth, that Garden-plantes and roots may well be purged and rid of the harmefull wormes, if their dennes or deepe holes be smoaked, the winde aiding, with the dung of the Cowe or Oxe burned.

That worthy Plinie in his first booke of histories writeth, that if the owner or Gardener sprinkleth the pure mother of the Oile Oliue without any salt in it, doth also driue the wormes away, and defend the plants and hearbes from being gnawne of them. And if they shal cleaue to the rootes of the plantes, through malice or breeding of the dung, yet this weedeth them cleane away. The plantes or hearbes will not after be gnawne or harmed by garden fleas, if with the naturall remedie, as with the hearbe Rocket, the Gardener shall bestow his beds in many places.

The Coleworts and all pot-hearbs are greatly defended from the gnawing of the garden fleas, by Radish growing among them. And the worthie Anatolius in his Greeke instructions of husbandrie affirmeth the like, so that some bitter fitches be also bestowed with the Radish in beds. And this seede committed in bed with the Radish and Rape, doth greatly auaile, as the auncient witnesse of experience. The eagre or sharpe vineger doth also preuaile, tempered with the iuice of Henbane, and sprinkled on the garden fleas. To these, the water in which the hearb Nigella Romana shal be steeped for a night, and sprinkled on the plants, as the Greeke Pamphilus reporteth, doth like preuaile against the garden fleas.

If from creeping things the Gardener would defend the seeds committed to the earth, from being gnawen or harmed, let him steepe those seedes for a night (as I afore vttered) before the sowing in the iuice of the Sengreene or Houseleeke, which seeds also the Gardener shall preserue vngnawen, if hee bestowe of them in the shell of that Snayle, which I suppose to be the same, named the Mortaise, as the

former authour Anatolius writeth, in which place I may not omit the same practise of the skilfull Paladius Rutilius, who reporteth, that the noisome vermine or creeping thinges will not breede of the Pot-hearbes, if the Gardener shall before the committing to the earth, drie all the seedes in the skinne of the Tortoise, or sowe the hearbe Mint in many places of the garden, especially among the Colewortes. The bitter Fitch and Rocket (as I afore uttered) bestowed among the Pot-hearbes, so that the seedes be sowen in the first quarter of the Moone, doe greatly availe us: as unto the Canker and Palmer wormes belongeth, which in many places worke great iniurie both to the gardens and vines, may the owner or Gardener drive away with the Figge tree ashes sprinckled on them and the hearbes.

There be some which sprinkle the plantes and hearbes with the Lye made of the Figg-tree ashes, but it destroies the worms, to strew (as experience reporteth) the ashes alone on them.

There be others which rather will to plant or sow that big Onion named in Latin Scilla or Squilla here and there in beds, or hang them in sundry places of the garden.

Others also will to fixe riuer Creuisses with nailes in many places of the garden, which if they shall yet withstand or contend with all these remedies, then may the Gardener apply to exercise this deuise, in taking the Ore or cow urine, and the mother of Oile Oline, which after the well mixing togither, and heating ouer the fire, the same be stirred about untill it be hote, and when through cold this mixture shall be sprinkled on the pot-hearbs and trees, doth marueilously prenaile, as the skilfull Anatolius of experience reporteth.

The singuler Plinie in his practises uttereth, that those harmfull wormes, touched with bloudie rods, are likewise driuen away.

The worthy Palladius Rutilius reporteth, that if the owner or gardener burne great bundels of the Garlike blades without heades dried through all the Allies of the garden, and unto these the dung of Backes added, that the sauour of the smoke (by the help of the wind) may be driuen to many places, especially to those where they moste abound and swarme, and the Gardener shall see so speedie a destruction, as is to be wondered at.

The worthie Plinie of great knowledge reporteth, that these may be

be driuen from the Pot-hearbes, if the bitter Fitch séedes be mixed and sowen together with them, or to the branches of trées, Treuisses hanged vp by the hornes in many places, doth like preuaile. These also are letted from encreasing, yea they in heaps presently gathered are destroied, as the Grékes report of obseruation, if the Gardener by taking certaine Palmer or Canker-Wormes out of the Garden next ioyning, shall séeth them in water with Dill, and the same being through cold, shall sprinckle on the hearbes or trées, that the mixture may wet and soke through the nestes, euen vnto the young ones, cleauing togither, that they may taste thereof, will spédily dispatche them. But in this doing, the Gardener must be very warie, & haue an attentiue eye, that none of the mixture fall on his face nor handes. Besides these, the owner or Gardener may vse this remedie certain, and easily prepared, if about the bigge armes of trees, or stemmes of the hearbes, hee kindle and burne the stronger Lime and brimstone togither. Or if the owner make a smoke with the Mushromes growing vnder the Nut-trée, or burne the bookes of Gotes, or the gumme Galbanum, or else make a smoke with the Harts horne, the winde aiding, by blowing towards them.

There be also some, which infuse the Vine ashes in water for thrée daies, with which they after sprinckle aboundantly, both the hearbes and trées. Many besides make soft the séeds, kéeped before their committing to the earth, in the Lye made of the Figge ashes.

The husbandmen and gardeners in our time, haue found out this easie practise, being now common euery where, which is on this wise, that when these, after shoures of raine are cropen into the warme sunne, or into places standing against the sunne, may earely in the morning shake either their fruites and leaues of the Potte-hearbes, or the boughes of the trees, for these are yet stiffe through the cold of the night, are procured of the same the lightlier and soner to fall, nor able after to recouer vp againe, so that the Palmer-Wormes thus lying on the ground, are then in a readinesse to be killed of the Gardiner.

If the owner minde to destroy any other créeping thinges noyous to Hearbes and Trees (which Palladius and Rutilius name, both Hearbe and Leeke wasters) then let him hearken to this inuention & deuise of the Gréeke Dyophanes, who willeth to purchase ỹ maw of a

Wether

ther shæpe new killed, and the same as yet full of his excrementall filth, which lightly couer with the earth in the same place, where these most haunt in the garden: for after two daies, shall the Gardener find there, that the mothes with long bodies, and other cræping thinges will be gathered in diuers companies to the place right ouer it, which the owner shall either remoue and carrie further, or dig and burie verie dæpe in the same place, that they may not after arise or come forth, which when the Gardiner shall haue exercised the same but twise or thrise, he shall vtterly extinguishe, and quite destroy all the kinds of cræping things that annoy and spoile the garden plants. The husbandmen in Flanders, arme the stockes, and compasse the bigger arms of their træs with wisps of straw handsomely made and fastned or bound about, by which the Palmer wormes are constrained to cræpe vp to the tops of the træs, and there staied, so that as it were by snares and engins laid, these in the end are either driuen away, or thus in their way begun, are spædily or sone after procured to turne backe againe. As vnto the remedies of the Snailes particularly belongeth, these may the Gardener likewise chase from the kitchin hearbes, if he either sprinkle the new mother of the Dile Oline, or sote of the chimney on the hearbes, as if hee bestowed the bitter fitch in beds among them, which also auaileth against other noisome wormes and cræping things, as I afore vttered, that if the Gardener would possesse a græn and delectable garden, let him then sprinckle diligently all the quarters, beds, and borders of the Garden, with the mixture of water, and pouder of Fenny-Græke tempered togither, or set vpright in the middle of the garden, the whole bare head without flesh of the vnchast Asse, as I afore wrote.

That worthie man Iulius Fronto, reporteth that all kitchen hearbes may greatly be holpen, if among them the hearbe Rocket shall either be sowne or planted. But an intollerable iniurie shalbe wrought to the husbandly Gardener, if the Goose dung dissolued in brine, be sprinkled on the kitchen hearbes, as these worthy writers Democritus Fronto, and Damageron in their chosen preceptes of the Græke husbandrie, left noted to our age.

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The skilfull inuentions and helpes against the Garden Moles, Antes, Gnattes, Flies, and Frogges, exerting, harming, and wasting, as well kitchin hearbes, as Trees and fruits. Chapter. 28.

FOrasmuch as the Moles in many places of Garden-grounds, through their casting vp and hollowing of the same, the Seedes afore bestowed in beddes they on such wise vncouer, and the plants in like maner turn vp, & vnbare of earth, to the great griefe and paine of the carefull Gardener, in daily renuing and repairing of their former labours, for that cause hath hee iust occasion to trauell and busie himselfe, in searching out, and deuising by all skilful meanes, in what maner hee may surest and best preuaile against this harmefull blinde beast. And that I may do a most gratefull matter to all Gardeners in the same, I will here vtter all such singular practises, as either the worthie Greekes or Latines haue vttered and noted to bee auayliable against them.

First the skilfull Paxamus hath left in a writing, that if ỳ Gardener shal make hollow a big Nut, or bore a hollow hole into some sounde piece of wood being narrow, in filling the one or the other with Rosine, Pitch, Chaffe, and brimstone, of eache so much as shall suffice to the filling of the Nutte, or hollow hole in the wood, which thus prepared in a readinesse, stop euerie where with diligence, all the goings forth, & breathing holes of the Mole, that by those the fuming smoke in no maner may issue out, yet so handle the matter, that one mouth and hole be only left open, and the same so large, that well the Nut or vessell kindled within, may be laid within the mouth of it, whereby it may take the winde of the one side, which may so send in the sauour both of the Rosin and Brimstone into the hollow tombe, or resting place of the Mole: by the same practise so workmanly handled, in filling the holes with the smoake, shall the owner or Gardener either driue quite away all the Moles in that ground, or find them in short time dead.

There be some that take the white Næse wort, or the rind of Cynocrambes beaten and farced, and with the Barlie Meale and Egs finely tempered together, they make both Cakes & Pasties wrought with Wine and Milke, and those they lay within the Moles denne or hole. Albertus of worthie memorie reporteth, that if the owner

or Gardener closeth or diligently stoppeth the mouthes of the Mole-holes with the Garlik, Onion, or Leeke, shall either driue the Moles away, or kill them, through the strong sauour, striking or breathing into them. Many there be, which to driue away these harmefull Moles, doe bring vp yoong Cats in their Garden-ground, and make tame Weaselles, to the end that either of these, through the hunting after them, may so driue away this pestiferous annoyance being taught to watch at their straight passages and mouthes of the holes comming forth. Others there be also, which diligently fill and stop vp their holes with the red Okare or Ruddell, and iuice of the wilde Cucumber, or sowe the Seedes of Palma Christi, being a kinde of Satyrion in beddes, through which they will not after cast vp, nor tarrie thereabout. But some exercise this easie practise, in taking a liue Mole, and burning the powder of Brimstone about him, being in a deepe Earthen potte, through which he is procured to crie, all others in the meane time as they report, are moued to resort thither. There are some besides, which lay slike snares at the mouth of their holes. To the simple Husbandmen may this easie practise of no cost suffise, in setting downe into the Earth a stiffe rod or greene braunch of the Elder tree. The worthie Plinie which hath left to memorie skilfull practises, reporteth, that the mother of the Oyle Oliue alone, sprinckled on the heape of Pismires or Antes, killeth them. This Author also writeth, that the Pismires are wicked annoyers to trees, which the Gardener or husbandman (saith he) may force to forsake and leaue, if he bestrike the neather partes of the trees rounds about with the Powder of the Ruddell and Liquide Pitch or Tarre mixed together, and hang also by the place the fish named of the worthie Rutilius after ỳ Greeke writers of husbandrie Coracinum, and of Ruellius Graculum, for on such wise handled, they will resort and gather all into one place, whereby the husbandly Gardener may the speedier destroy them. Others there be, which with the powder of the Lupines and oyle Oliue tempered togither, doe bestrike the lower partes of trees and plants, for the letting of them in creeping vp. Many kil them as I afore vttered, with the only mother of the oyle Oliue. The skilfull Neapolitane Rutilius reporteth, that if the great company of Pismires or Ants haue deep holes in the garden-ground, those may the owner chase away, or kill in the grounde by stopping

the

the mouthes of the holes, with the heart of the Owle. If they crépe abroad, then ſift all the Allies where theſe runne with bright aſhes, or elſe ſcore the ground thicke togither with the red Okar or white Chalke, or make long ſtrikes with oyle on the earth. Further he writeth, that the huſbandly gardener may driue away Piſmires, if on the mouthes of their holes he ſprinckle the powder of Organie and brimſtone beaten togither, or burne the emptie ſhels of Snails, and with the aſhes of the ſame, ſtoppe abundantly the mouthes of their dennes and holes. In which deuiſe, this Rutilius omitted the Storax that of Paxanius the Grécke, out of whom he borrowed this concluſion, is added. The wordes of Paxanius be on this wiſe: If the owner ſaith hée, ſhall burne certaine Antes or Emotes in the middle of the Garden, the others of the ſauour will crépe away. To theſe, if about the mouthes of the Emots holes the carefull Gardener ſhall ſmeare the greſſer Turpentine, the Emotes or Antes will not after come forth, and theſe bee may expell or driue away from their proper reſting place, or dwelling togither, if the ſhellie coueringes of Snayles, burned with Storax Calamita, and beaten to powder, or the aſhes ſifted, hee ſhall after ſprinckle on the heape of the Piſmires. And the owner ſhall throughly deſtroy the Antes, if he ſprinckle on them the iuice of Cyrenaicum diſſolued and well mixed in oyle. This authour further reporteth, that the Emotes will not creepe on the plantes nor trées, if the huſbandly Gardener ſhall diligently ſprinckle the bodies and ſtemmes of them, with the powder of the bitter Lupines and mother of oyle, well mixed or boiled togither. The ſelfe ſame matter ſhall the Gardener performe, if he compaſſe their holes with white & clére woll or bombaſt, or that he mark on the groũd long ſtrikes, or forme roũd circles, with white Chalke, or red Okar, all thoſe waies eſpecially that theſe moſt often haunt, or compas their holes with Organy as I afore vttered: for by ẏ like doing as he affirmeth, the Emots after will not only leaue the crépíng vp on ẏ plants, but refuſe alſo to aſcend ouer the rings made with white Chalk about the bodies of trées. There be others which report, ẏ the Emots wil not crépe to that hony pot ſet on the ground, about which the like circles with chalke or red Okar ſhalbe formed, yea though the ſame were left vncouered, yet is it knowen to many, that the Ants are marueilous deſirous of hony, & other ſwéet things.

The skilfull Neapolitane Rutilius willeth, that the diligent Husbandman annoint or bestrike the stemmes of Plantes, and the bodies of Trees, with the reede Okare, Butter, and liquid Pitch mixed well together. There be certaine of the Greeke writers of Husbandrie, which will the thicke Iuie Garlandes to be bounde about the bodies of Trees and Vines, that by the same skilfull deuise, the Ants lodging vnder the shadow of these, as then pledges they slay and kill.

There be many which report, that the like may be wrought and done with the Buls Gaule, mother of Dyle, and Liquid Pitch, smeared about the bodies of trees. The singular Plinie reporteth, that the Sea mud or Ashes, stopped diligently into the holes, is a most sure remedy against the Emotes, so that the places be not moist or waterie. But with the surest practise and remedie of all, are the Piſemires killed with the hearbe Heliotropium. Some suppose that ẏ water in which the crude Tile shalbe infused for a time, to be enemy to them. The Gardener may driue away Gnats, if he sprinckle on the beds & plants, the decoction of Organie in vineger, as that skilfull Democritus in his husbandrie hath noted. To these ẏ owner may sprinkle on the Plants, the infusion of Rue in water, or vse the decoction of the hearb Fleabane, or els make a smoke either with brimstõe, or Cummine, or the drie Ore dung, or the gumme Bdellium. The learned Pliny vttereth, that ẏ Gardener may driue these away with ẏ smoke of Galbanum burned, & that worthie Neapolitane Rutilius, of experience affirmeth, that if the owner either sprinkle the new mother of Dyle, or sot of the Chimney on the plants, it likewise driueth them away. That skilfull Greeke Berytius hath left in writing, how that ẏ Gardener may driue the flyes farre off with this fearefull deuise, if mixing the powders of the Helleboz or Neese wort, & Orpiment with milke, the same be sprinkled on the plants and place where the Flies most haunt, it either hastily driueth them away, or kils thẽ swne after. The selfe same will the common Alume beaten with Organie, and tempered with milke preuaile against the Flies: For what plants and herbes shalbe sprinkled with this mixture will not after be resorted vnto or touched of Flies: The Bayberies with the black Neese wort beaten together, and infusing it in milke or water and honey mixed, doth like profit: for this mixture sprinkled on the Plants, and

places

places where the flyes most haunt, doth after, as it were by a poyson, hastily kill the flyes, or other wise force them to fly speedily away neuer to returne.

As touching remedies against the frogges, which in summer nightes are wont to bee disquieters to the wearied husbandmen, through their dayly labour, by chirping and loud noyse making, let the husbandman exercise this helpe or secreat, borrowed of the skilfull Greeke Affricanus which is on this wise: Set on some bancke (saith he) a Lanthorne lighted, or other bright light before them, or on some tree (fast by) so hang a light, that by the brightnesse of the same light, it may so shine vpon them, as if it were the sonne, which handled on this wise, will after cause them to leaue their chirping and loud noyse making: a practise tryed by many of later yeares.

The skilfull Greeke Veritius reporteth, that if the husbandman burie in some bancke fast by, the gaule of a Goate, the Frogs will not after wards gather to that place.

The rare practises and secreats, both of the auncient and later writers of husbandrie against Serpents of the Garden, and any others venoming as wel men as the Kitchin herbes, trees, and fruites

Chap. 29.

FLorentinus (a singuler and diligent interpreter of the matters of the field) wrote, that serpents in the garden-ground or else where will not lodge or abide, if the owner sow or plant in borders about, or in apt corners of the garden, either the wormwood, Rue, Mugwort, or Southernwood, which if these shal some where happen to haunt them may the Gardener (as he writeth) driue them incontinent forth of the ground, if he make a smoke either with the Lilie rootes, Hartes horne, or Goats hooues.

The skilfull Rutilius vttereth, that all Serpents be forced out of the ground, by euerie sower sauour, and stinking smoake, flying abroad with the winde.

The learned Democritus affirmeth, that the serpents assuredly do die, if the Gardener straw or throw Okem leaues on them, or if anie spitteth falling into their mouth gaping or wide open.

The well practised Apuleius writeth, that these stricken but once with

with a tough rēd or willōw rodde, are mightily astonied, but giuing them many strokes do recouer and waxe strong again. Tarentinus (a skilfull writer of the Greeke husbandrie) denieth, that any can be harmed of a Serpent, if the person afore be annointed with the iuice of a Radish, or that he hath eaten of the Radish, which matter (Athenæus and Galen, with many other worthy Authours) ascribe to the Orenge or Lemon, and they confirme the same with a pleasant historie.

The former Florentinus vttereth, another singuler practise against serpents of the garden, to be wrought after this maner: Lay (saith he) the fat of the Hart in ẏ garden earth, or els burie the Centorie rote, or the Geate stone, or els the Eagle, or kytes dung, & the serpentes will refuse the ground or at least, not come nære the place, and euery venemous worme will be driuen away, if the gardener by taking Nigella, Pellitorie, Galbanum, of the Harts horne, Hysope, Brimstone, Peucedanum, and the Goats hoofs, shal diligently bring these to pouder, and infusing the whole for a time in the strongest vineger, shall after make litle bals of the mixture, with which through dryed cause a sauour and a smoke. For through the sauour of these matters sparsed in the ayre, all crēping vermine will either hastely (for the great feare) forsake the ground, or die there incontinent. The same authour Florentinus reporteth, that the serpentes may like bee gathered on a heape, into an olde deepe poudering tubbe, as fish in a weele or bow-net, if the same be deep set about that place of the gardē or field, where these most lurke & haunt, for after the spēdy resorting of these to the brinke of it, they fall willingly in, not able after to recouer thēselues out. Plinie writing of the withie named Siler, reporteth this, that the serpents refuse, both the tree and fruite, for which cause, the husbandmen made them staues of the wood to carry about with them. But this by a most certaine experience or triall, proued & confirmed, that by making a smoke with old shooes burned, the serpents incontinent spead away, nor these onely flie out of the garden ground, field, or house, but such as are entred into men, by dead sleep in the sommer, in slēping open mouthed, or with open mouth, in the field, do like come forth with the said smoke. Which matter (Marcus Gatinaria a famous phisition) confirmeth, who reporteth that ẏ like happened to a certaine man in his time, to whom after infinite medi-

cines

cines and moſt effectuous remedies were miniſtred, and none of them preuailed, at the laſt this imployed, fell out moſt luckilie, and wonderfull of all others, in burning the leathers of old ſhoes, and receiuing both ſmoake & ſauour of a Tunel into the bodie. For as ſoone as this hidious beaſt (which was a mightie adder) felt the ſauour of this ſmoke, he was ſeene to the ſtanders about to come out at the fundament, to the mightie aſtoniſhment and wonder of all the beholders. And this worthie ſecreat, eaſie to be prepared, I thought here good to place, that the ſame, a like caſe happening, might be profitable to euerie perſon. But in this place is not to be omitted, that ſerpents greatly hate the fire, not for the ſame cauſe, that this dulleth their ſight but becauſe the nature of fire is to reſiſt poyſon. Theſe alſo hate the ſtrong ſauor far flying, which the Garlike & red Onions procure. they loue the Sauine tree, the Iuie, and Fennel, as Mules do ỳ Sage, and Snakes the hearbe Rocket. But they are mightely diſpleaſed & ſorely hate the Aſhtree inſomuch that the ſerpents neither to the morning nor longeſt euening ſhadowes of it, will draw neare, but rather ſhun the ſame, & flye far off. As a like matter Plinie reporteth, was on a time proued, by incloſing a ſerpent, within the large circle made of greene Aſhtree leaues, in the middle of which a quicke fire made, to the terrour of the ſerpent, for that end to proue, whether ſhe had rather run ouer the circle, then draw neare to the fire, which neuertheleſſe (the fire kindling more and more) at the laſt rather crept to the fire, where ſhe periſhed, then by any meanes would draw neare to the circle of the Aſhtree leaues Yet here learne, the marueylous benignitie of nature, which permitteth not the ſerpents to come forth of the earth, before the Aſh tree buddeth forth, nor to hide them againe, before the leaues fall off, The ſingular Poet Virgil ſaith, that the ſmoke made of Roſen or Galbanum, doth haſtily chaſe and driue the ſerpents away.

Theſe hetherto vttered, for the driuing away & killing of ſerpents. But here was almoſt forgotten, that the leaues of Ferne, doe chaſe away the ſerpent: for which cauſe, many skilfull thinke it profitable, either to ſow, or ſtraw the Ferne, in ſuch places where the ſerpents haunt. She Neapolitane Rutilius addeth, that if the leaues of the ſame bee turned, they (with the ſauour onely) will flee or creepe haſtely away, yea and force them to chaunge their lodginges, far

far from the Garden ground or field.

Here a doubt may be made, whether the same be to purpose here to recite, that the worthie Albertus reporteth of the round Aristolochia with the field Frog, and a certaine proportion of writing Inke diligently laboured, and mixed with these, to make the Serpents immediatly to quaile as dead, if any of the mixture be written withall, and the owne before them.

But I thinke it high time to come vnto the remedies, which are both readie and easie to be prepared.

If that any shall be smitten of a Serpent, vnlesse he haue a Feuer, and drinketh a certaine quantitie of the iuice of Ashe leaues, with pleasant white wine, and applyeth also of the fresh leaues to the place bitten, shall in short time see a worthie secreat, greatly to be marueiled at, and by happie successe, proued of manie.

Here briefly to conclude, if the Gardener bestoweth the fresh elder floures where the Serpents daily haunt, they wil hastely depart the place, yea these by report (artly bestowed in the garden-ground) do in short time destroy the Mothes, the Cankerwormes and Palmers breeding in trees.

The other helpes and remedies necessarie to bee vttered in this Chapiter, shall in apt places bee declared in the second part, where we purpose to intreat particularly of most hearbes growing in the garden.

The laudable deuises and cunning helpes against the Scorpions, Todes, Garden-mise, weasels and all other greater beasts wasting and corrupting as well the kitchin hearbes as fruites. Chap. 30.

PLinie reporteth, that if slippes of the greene Heliotropium, bee set round about the place where the Scorpions frequent, that they will not after creepe thence. But if the owner either laye or strew vpon the Scorpions, the whole hearbe, they incontinent (as he affirmeth) die.

That skilfull writer Diophanes (in his Greeke commentraries of husbandrie) vttereth, and the like many other, that the fresh Radish, either laid or strewed on the Scorpions, killeth them incontinent.

To

To these, if any annointeth the hands circumspectly with the iuice of the Radishe, hee may after handle Scorpions or anie other venemous thing, without danger.

This Authour further addeth, that a smoke made with Saudaracha and butter, or the fat of a Goat, will driue away both them, and other venemous things, and by burning one Scorpion all the others flie forth of the ground.

If any boyleth the Scorpion that stung him, or any other in oyle, and annoynteth the sore place with the same, it shall greatly availe.

The like commeth to passe, if he may kil and bruise the same on the stinging, but perilous wil the same stinging be, if he refraine not the eating of Basil all that day of the stinging. Florentinus reporteth, that the iuice of the Figge tree leaues, dropped on the stinging mightily auayleth.

The learned Plinie affirmeth, that the ashes of the Scorpion drunke in Wine (if the fit of the Feuer bee not vppon the person) to bee a singular remedie, as the powder of Woormes burned, to persons hauing Woormes, or to beasts the like ministred, and any bitten of a mad Dogge, if the haires of the same be burned and drunke, do greatly availe.

The Todes, (as the Greeke and Latine professours of husbandrie write) may be driuen forth of the Garden-ground, with those remedies, that the Serpents: for which cause, the remedies and helpes against them to repeat I think here superfluous.

The Mise (as the lerned Apuleius writeth) wil in no maner harme or waste those seedes committed to the Earth, which before the sowing are steeped a time in the Gaule of an Ore.

They will be killed in the ground, if the Gardener shall stoppe their commings forth, with the fresh leaues of Rhodophanes.

There be (of the Greeke writers of husbandry) which wil that like portions of the wilde Cucumber, or Henbane, or ỹ bitter Almonds and black Nosewort, be orderly bruised, and tempered with Meale, the same after wrought into Balles with Oyle, to be laide at ỹ holes of the fielde, and house Myse. Plinie writeth, that the seedes (before the bestowing in the earth) infused either in the Gaule of a weasell, or the Ashes of him committed to the earth with the seedes, doth like

defend them from being harmed of Mise, yet the plantes springing out of these are greatly misliked, for that they then giue the sauour of such a ranck beast, so that the seedes are better commended, to be steped afore in the gaule of an Ore.

The skilfull Affricanus vttereth, that the Gardener may either kil or driue away Weasels if he mire salt Armoniacke with wheate paste, and lay of the same in such place, where these most haunt. Others there be, which wil the carefull Gardener to get one aliue, and cutting off both taile and testicles, to let him passe again, for by that meanes others (perceiuing the like sight) wil depart the place, the easie experience of which matter, wil after bring a credite to the same. For the driuing away of the greater beasts, conceiue these remedies following, that if the Gardener shall water the seeds bestowed, with the olde vrine in which the ordure of a Dog shalbe infused for a time, they shall after be defended in the growing vp, from the spoile of greate beasts.

The selfe same doth the worthie Democritus affirme to come to passe (as I afore vttered) if that the owner take to the number of ten Riuer or Sea Creauises, and in putting them into an earthen potte full of water he set the same in the sun for ten daies, to be wel heated and vapored through the hot beames, which thus handled, let him sprinckle on the beds and plants, that he would haue defended from the ayre, and great beasts: yet may he not water the ponger plants, but euerie third day, vntil these be growen vp stronger. The skilful Africanus and other worthie writers of husbandrie, report, that if either the Pyonie or hearbe Personata be buried, or otherwise sowen about banches or borders, in the Gorden or fielde, are after (as by a secret protection) preserued, that neither the great nor smaller beasts wil after spoile the plants there growing. But if the husbandman would haue his trees preserued, from being sore eaten and wasted of the greater beasts, then let him exercise (after the mind of Plinie) this easie practise, in casting or sprinckling on the leaues, the water in which Ore dung hath been dissolued, so that bee bee sure those times, that raine will fall within a day after, to the cleane purging againe of the branches and leaues of that sauoure, a matter in very deed wittily deuised for the purpose.

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The skilfull practises and remedies against haile, lightenings and tempests, beating downe and spoyling the Kitchin hearbes, trees and fruites. Chapter. 51.

FOr the Haile, which for the more part destroyeth both the labours of the Yren and men, conceiue these few remedies following. That if the husbandman woulde auoide the same danger at hand or readie to fall, then let him draw about the ground (whether it bee field, Orchard, or Garden) the skin of a Seale, or Crocodil, or Hyena, and hang it after at the entrie or comming in of the place, as the worthie Philostratus, in his Greeke commentaries of husbandrie, hath noted. Others there be, which seeing the haile at hand, by holding vp a mightie Glasse, do so take the Image of a darke cloude, directly ouer the place, to the end, the obiect by the same remedie (as Rutilius reporteth) may offende, whereby as doubled, it may giue place to the other, and on such wise be spedely auerted and moued away.

There were some (as Philostratus writeth) which with the right hand drawing the Marish Tortoise on her backe, laboured so about the Garden-grounde or fielde, and returned to the place where they beganne, they so laide her vpright in the furrow made with her backe, and shorde cloddes of either side, that she might not fall, neither to one nor other side, but abide steadie vpright, to the end she might so beholde the bigge and thick cloudes, directly ouer the place. And the same at such times they exercised in the first houre of the day or night. Certaine others (seeming to be of greater skill) when the haile approched, did spread ouer euery space in the Garden or field, white Lime, or saffned in some place right against the Tempest immenent, a liue Owle, with the winges spread abrode, which two remedies also much availe against the lightnings and haile, as saith the singular writer of husbandrie Iunius Columella, in his little treatise of the Garden.

To vtter here the populare helpe against thunder, lightnings, and the dangerous haile, when the tempest approcheth through the cloude arising, as by the loude noise of Gunnes shotte here and there, with a loude sounde of Bels, & such like noises which may happen:

I thinke the same not necessary, nor properly available to the benefit of the Garden.

The famous learned man Archibius which wrote vnto Antiochus king of Syria, affirmeth, that tempests shall not be harmefull to plants nor fruites, if the speckled Tode inclosed in a new earthen pot, be buried in the middle of the Gardē or field. Others there are, which hang the feathers of the Eagle, or Seales skin, in the middle of the Garden, or at the foure corners of the same.

For these three, as by a certaine secret propertie (and for truth) by a merueilous repugnancie do resist the lightenings, and that of these (the aboue saide) in no maner to be harmed or blasted, is to memorie of the posteritie committed, and by the experiences or trials of manie skilful men confirmed. Wherefore Tiberius Cæsar (as reporteth Suetonius) was wont to weare a Garlande of Bayes, and to couer his proper tente all ouer with Seale skinnes, at such times as thunder and lightning happened, supposing himselfe to be defended from these, which he merueilously feared. Plinie reporteth that Bulbus (not for the smalnesse only of his bodie) escapeth the force of lightning, but through a secret and naturall repugnance doeth this auaile against the stroke of lightning.

The laudable deuises and helpes against Frost, blasting of trees, Mysts, and rust which be enemies as well to Garden Hearbes as fruites, Chapter. 32.

TO most men it is manifest, that there are two kindes of celestiall iniuries, the one, that men name tempestes, in which the haile, storme, and such like are ment,

These (when any happen) are named a mightier violence and working of heauen moued forward, as Plinie reporteth, by the fearefull starres, which be Virgiliæ, Hyades, Canicula Arcturus, Fidicula, Hædi, Orion, Aquila, and sundrie others, carefully obserued of the writers of Husbandrie and Phisicke, and of them most diligentlie noted.

The other kinde is wont to happen, the ayre being calme and quiet, and in faire nights, no feeling to be discerned, but when the same is come to passe and wrought, which be wailed calamitie is one while

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wont to be named ruſtie, an other whiles burning, and an other whiles blaſting, that to all creſcent thinges is a ſterilitie, and at one word a deſtruction, ſo that all is cauſed by heauen, and wont eſpecially to happen in the ſpring time. The blaſting and burning of the bloſſomes of Apple trées, the flowers of Vines, and Corne, are cauſed through the iniurie of froſtes happening in the night, and not as many report, to be wrought through the ſunnes ſharpe heate, burning haſtely vp the dewe, or the moiſture entring in, and corrupting the heades of Corne. The ſame alſo waſting the tender buddes, plants, and branches, is commonly named burning, for that it burneth and conſumeth in places ſo blacke as any coale. The blaſting beſides of the tender bloſſomes of Trées and Vines, is named ſideration, for that this eſpecilly is cauſed through the blaſt and ſtriking of ſome conſtellation. To theſe we adde the ruſt, as a mightie enemie to fruites. The worthie Plinie reporteth, that the ruſt and burning, be cauſed only of cold, which happeneth in the night time, and before the ſunne riſing, ſo that the ſunne is not worker of theſe. And the time when the like ſucceedeth, is knowne to be, after the mind of ſundrie ſkilfull writers of huſbandrie, at the change or full Mone, ſome Starres then of the firſt bigneſſe ayding, in the riſing, or ſetting. The ſuſpected times, and dayes of the ruſt for iudging of the good and euill ſucceſſe of fruits, is knowne in Aprill, according to the falling out of S. George and S. Markes day, and the ninth day of May, for the caulmeneſſe and cleareneſſe of the ayre. This celeſtiall ſterilitie, doth neither happen, nor cannot euerie yeare for the proper courſes of the Starres, both in the deſcending and aſcending in heauen, with the radiations or aſpect one to another. In the which working, who cannot but wonder, and for the ſame honour and reuerence, the marueylous benignitie and goodneſſe of almightie God towardes mankind? Yet of the conſtellations afore mentioned, & the others which are infinite in number, the diligent antiquitie onely feared three of theſe greatly, and obſerued them for that cauſe, as the diligent Plinie noted and to memorie committed. Firſt the conſtellatiõ Virgiliæ for the fruites, the conſtellation Aquila for the corne, & the conſtellation Canicula for the gathering of fruites, ſo that theſe for the ſame cauſe were named the Iudiciall Starres, to foreknow the ſeaſons by. In whoſe dayes of the firſt apperance, if the ayre cleare and caulme ſent

downe a kindly and feeding iuice to the earth, then was it a sure vote to them, that such things sowne, would grow and increase prosperously. Contrariwise, if the Moone at those times sprinckled a dewie cold on the plants and crescent thinges, then as a bitternesse mixed contrary to the sweete nourishing and iuice, the same so slew and killed the tender thinges, shot for the appearing aboue the earth. But to come to the matter, there is neither frost, haile, storme, nor tempest, so harmefull to certane fieldes or Garden-grounds, through which they at any time cause the sterilitie and penurie of victuals, as the rust and burning heate doe, for these falling and working in open countries, procure for the more part through their harmes a publike calamitie, and present dearth, to the auoyding of which, shall here bee vttered these skilfull remedies, inuented of the auncient writers of husbandrie. If the carefull Gardener would withstand the force of frost and rust approching, then let him burne store of chaffe, if such plentie be there or neare at hand, but for lack of the same, may he vse the drie weedes plucked vp out of the garden or field, and the bigge Thistles, or other wast fruites, in manie places of the same, especially towarde that way which the winde then bloweth, for on such wise handled, (Diophanes in his precepts of husbandrie writeth) that the euil nigh or at hand is auerted. The selfe same practise may bee vsed against thick and darke mistes. Beritius in his Greeke preceptes of husbandrie giueth warning, that the husbandman or Gardener diligently marke, whether the same be gathered in the ayre, which readie to fall, let him then burne incontinent the left horne of the Ore, with either Cow or Ore dung, making with them a mightie smoke round about the garden-ground or field, but the smoke especially directed by the winde, in fleeing against it. The worthie Apuleius wrote that the smoke of three riuer Creauilles, burned with the Ore or Botes dung, or with chaffe, to be a most sure helpe and remedie against the like, that if the same be alreadie fallen, I meane the rust, the Gardener may recouer the harme after this maner, as the skilfull Beritius reporteth, in taking the rootes or leaues of the wild Cucumber or Colocynthis, which after the bruising and infusing in water for a night, sprinckle & wet the places wel taken with the rust before the sun rising. The like may the Gardener worke & do, with the Fig or Oke tree ashes, sprinckled in the place endamaged with rust.

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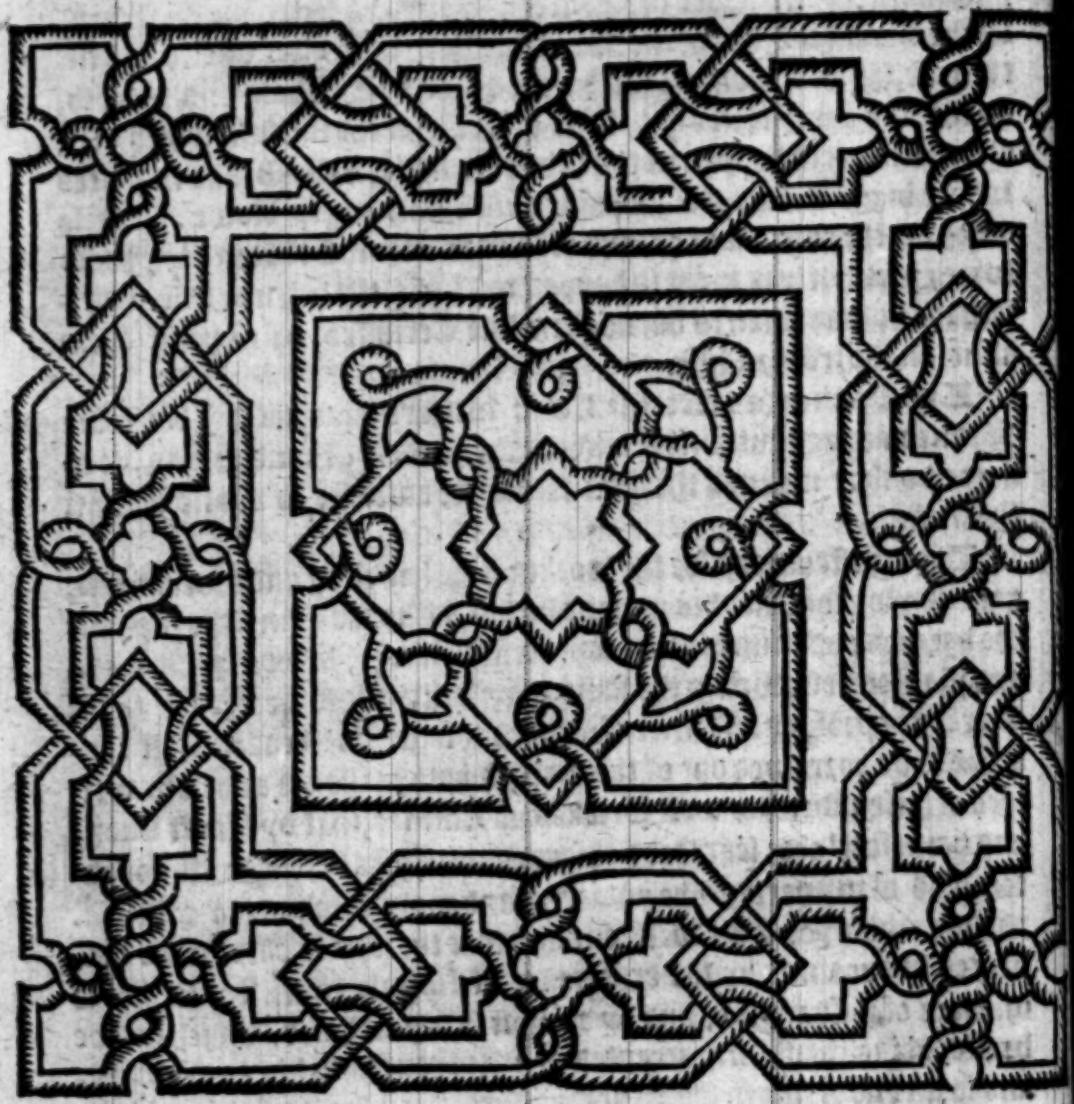
All ſéedes of the garden or field are defended, as reporteth Anatolius from all iniuries and monſters, if the huſbandman or Gardener before the committing of Seedes to the earth, doth infuſe them for a time in the iuice of the rootes of the wilde Cucumber.

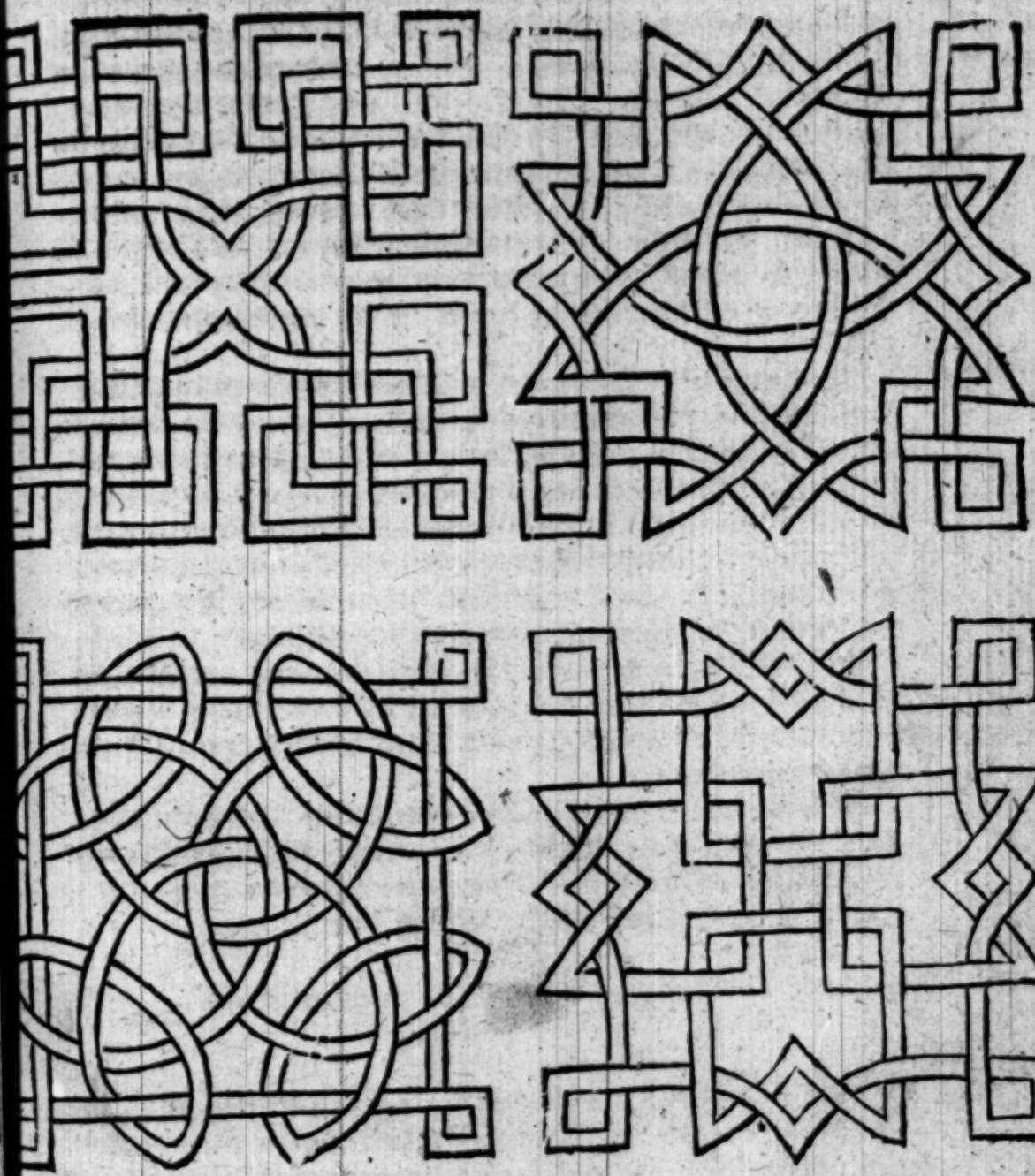
If the gardener or huſbandman, as Apuleius witneſſeth, ſhal ſtick and plant round about the Garden-ground or field, many ſlippes, ſtockes, and branches of the Bay tree, theſe will after auaile againſt the ruſt, for into them all the harme of the ruſt paſſeth and entreth, as the like many times hath bene obſerued of the ſkilfull, which very often is wont to happen in the dewie countrie, valleys, and in places where bigge winde of a ſuddaine doth many times blowe. Thus much for the ruſt, being enimie to fruites. Againſt the burning heate which peculiarly is wont to happen to Vines, the learned Plinie willeth the huſbandmen to burne three liue Creuiſſes, or to hang them aliue on the tree or Vine.

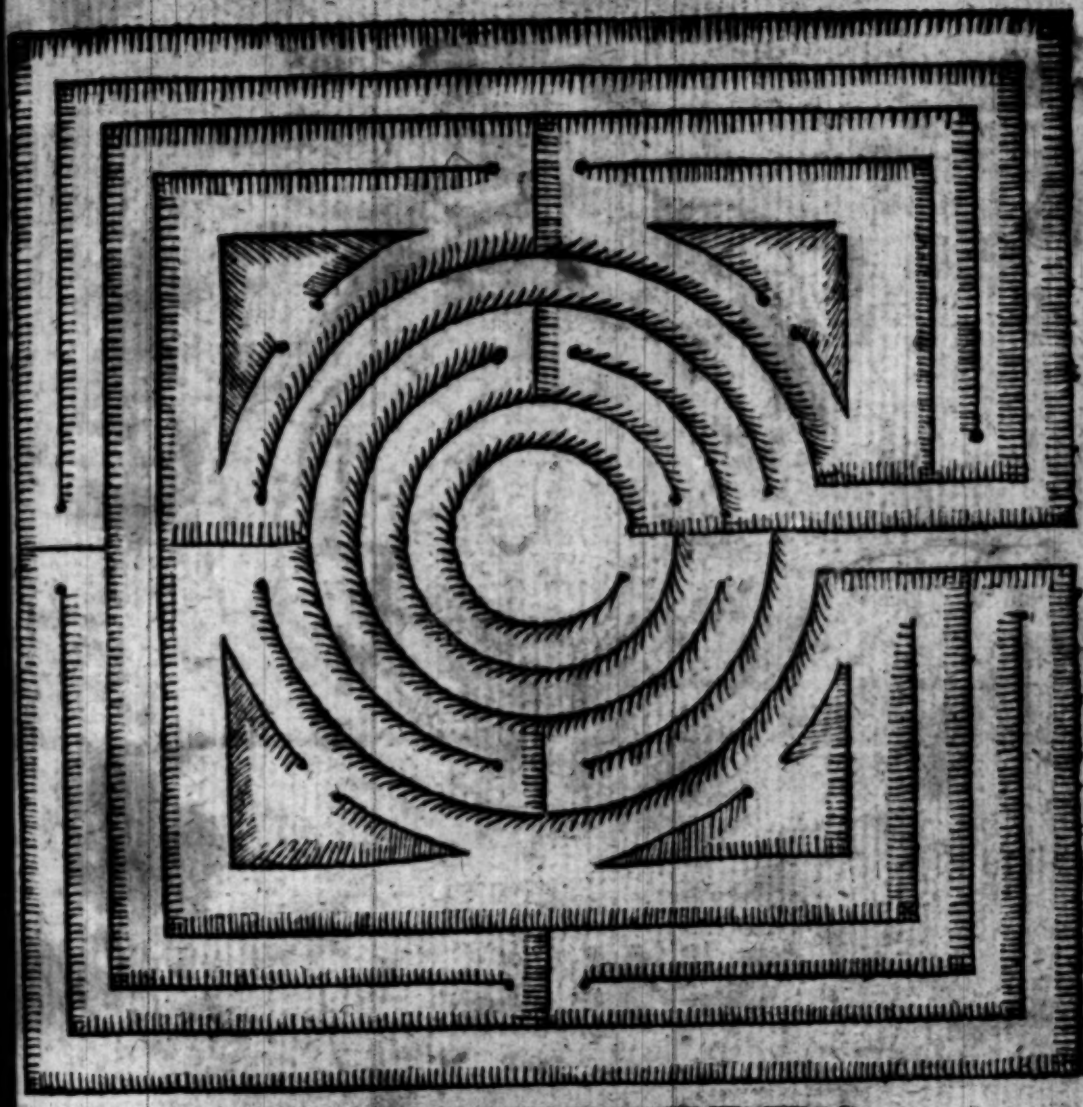
The Grékes (as certaine Latin writers haue noted) did ſowe Beanes as well within as without the garden ground or field, to auoide by that meanes the froſt falling, or at leaſt, to auaile againſt the froſt.

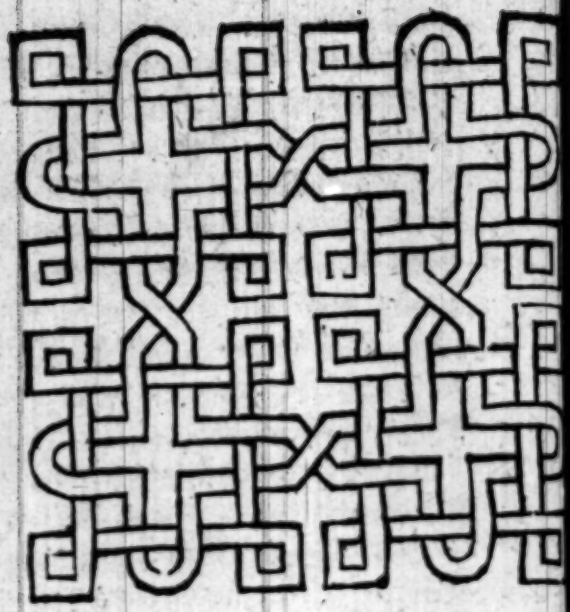
Theſe inſtructions for the workmanlie handling and ordering of a garden-plot, ſhall at this preſent ſuffice, & like the remedies, againſt the harmes and iniuries that commonly annoy, whereby all ſeeds and plantes beſtowed in the ſame, may with gladſome cheare to the Gardener proſper and increaſe, which the gentle Reader ſhall conceiue to be borrowed out of the workes both of the old and new writers of huſbandrie, as well Grékes as Latines, that by great ſtudy, and painefull labor ſearched & obſerued the moſt of theſe, or els not attempted of my parte, to be publiſhed and made common to all men. Beſides theſe you ſhall well conceiue, that the better parte were confirmed in our time, by the experience of ſundrie ſkilfull men in the matters of huſbandrie, and by earneſt ſute purchaſed, which to bee breife, being thankfully accepted, the Authour hath his due reward, and ſo an end of this firſt part of the Gardeners Labyrinth. Vale.

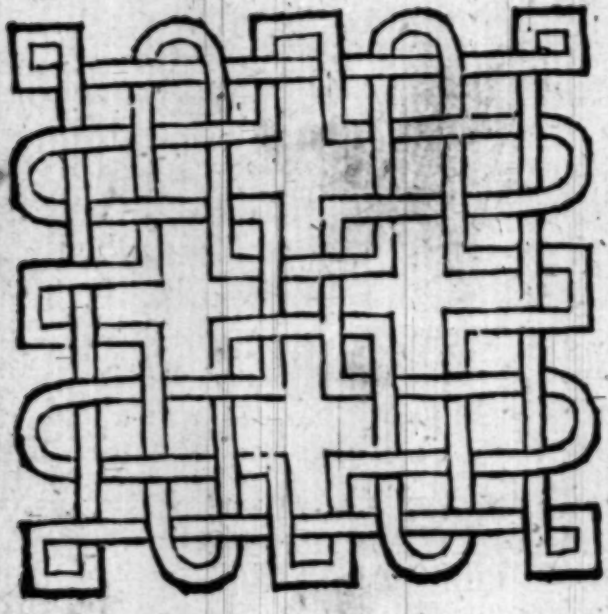
A proper knot to be caſt in the quarter of a Garden, or otherwiſe, as there is ſufficient roome.

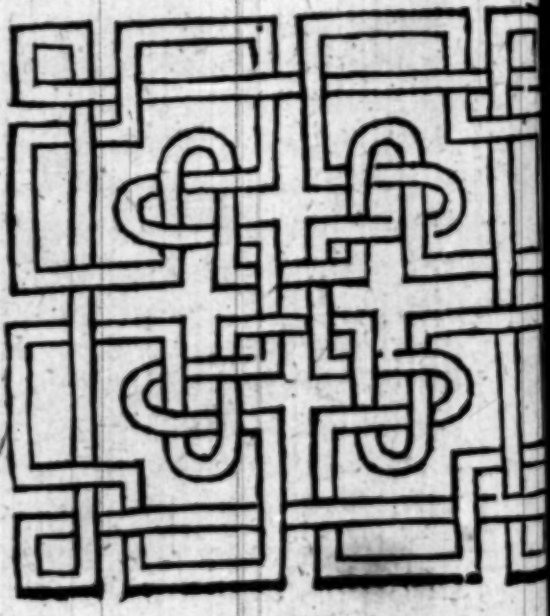




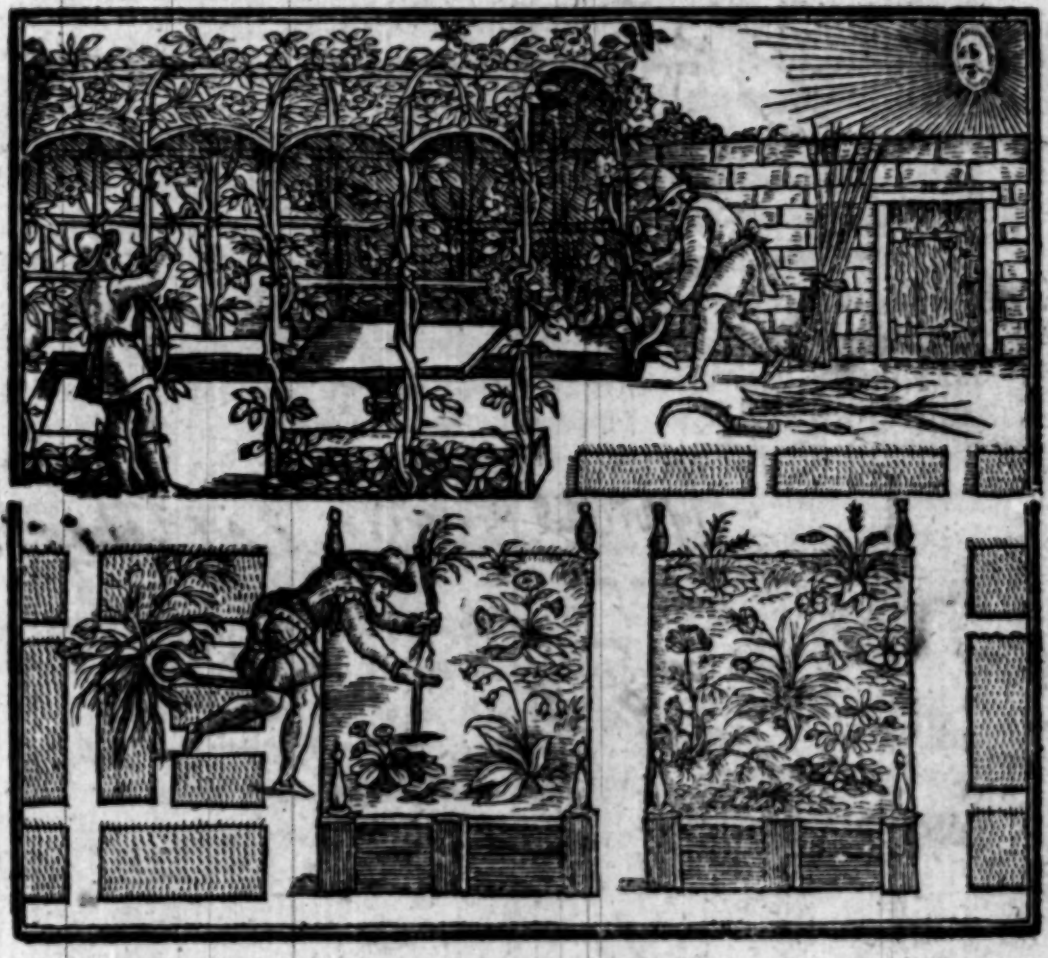








THE SECOND PART OF THE Gardeners Labyrinth, vttering ſuch skilfull experience, and worthie ſecrets, about the particular ſowing and remooving of the moſt Kitchin Hearbes, with the wittie ordering of other daintie Hearbes, delectable Floures, pleaſant Fruites, and fine Rootes, as the like hath not heeretofore been vttered of anie. Beſides the Phiſicke benefites of ech Hearbe annexed, with the commoditie of waters diſtilled out of them, right neceſſary to be knowen.



Frances Rous her Picture
stradling & her Cap half of

The second part of the Gardeners Labyrinth.

WHere in my first part I haue fully satisfied (as I trust) the expectation of the husbandly Gardener and owner in all such matters, which may appeare needfull or requisite to be learned and knowen, for the better aide, in possessing of a commmodious and delectable Garden: in like manner I purpose to aid the carefull husbandman or Gardener, after the possibility of my skil in this second part with such skilfull helps & secrets, as are required about the artly sowing, and particular bestowing as well of the kitchin, as other daintie hearbes, pleasant fruites, delectable floures, and fine rootes, which at large I purpose to vtter in the same, and likewise the phisicke benefites to each hearbe I adde, with other matters profitable, to the end the owner or Gardener may with better good will be mooued to bestowe an earnest care and diligence about the often remouing, as well of daintie floures as hearbes, with the clipping, pressing downe, breaking away, and cutting away the ends of rootes, that these may growe the thicker and bigger both in hearbe and roote. All which instructions and rare secretes, are part borrowed out of the worthie workes and treasures of the Greeke and Latin professors of husbandrie, and part purchased by friendship and earnest suite, of the skilfull obseruers and wittie searchers in our time of laudable secrets in Garden matters, serning as well for the ble[illegible]angular comfort of mans life, as to a proper gaine and delight of the minde.

The like of which already vttered, may the owner both see and knowe by that plant, which in Gardens euerie where, as well those in the Countrey, as in the Citie, is placed none so common, none more plentifull, nor oftener vsed among kitchin hearbes, than this familiar pot-hearbe, named the Colewort, which by a diligence of the husbandly Gardener, may well serue in the coldest Winter, in the stead of other pot hearbes, so that this hearbe by good reason, knowen to be not onely profitable for the pot, but to the vses of phisicke right necessarie, hath mooued me the rather to beginne first with the Colewort, in vttering what care and diligence is required about the sowing, often remouing, clipping and

dreſſing of the ſame, being before beſtowed in beds workemanly prepared.

What helpes and ſecretes is to be learned in the ſowing and often remouing of the Colewort. Chap. 1.

THe worthie Marcus Cato in his husbandrie preferred the Colewort before all other pot-herbs, & the learned Plinie in like maner aſcribed a principalitie to ẏ ſame of all Garden herbs, for which cauſe, I purpoſe here to intreat firſt of this herbe, that many of the Latines alſo for the mightie ſtemme and armes like branches named the Colewort. Such is the nature of this plant, that the ſame refuſeth no condition of aire, for which cauſe it may be committed to the earth in any time of the yeare. This plant deſireth a fat earth, and well turned in with dung, but the Cleyie, grauelly, or Sandie this refuſeth, except a flood of raine water ſhall now and then helpe.

The Colewort proſpereth the better, being placed toward the South, but this ſtanding open to the North, not ſo well encreaſeth, although both in taſt and ſtrength it ouercommeth in the ſame place, for through the cold aire and frotts, the herbe is cauſed the tenderer and pleaſanter.

The Colewort ioyeth on a hill ſide, or the ground ſteping down, it delighteth in dung, and encreaſeth by the often weeding, as the worthie Rutilius hath noted: when ſix leaues ſhall be ſprung vp, or but fiue, the ſame then muſt be remoued, but in ſuch maner handled, that the rote afore the ſetting againe, be annointed with ſoft Cow dung, which ought ſo to be ordered in a warme day, if it be winter, but if in ſummer time, then at ſuch time as the Sunne ſhall be going downe in the weſt.

The moſt antient of the Greekes deuided the Colewort into three kindes only, as the triſped, which they named Selinoidea, for ẏ ſimilitude of the leaues of Parſly, the ſame of the Lean, for ẏ broad leaues iſſuing or growing forth of the ſtemme, for which cauſe, ſome named it Cauloden. And the ſame which properly is named Crambe, growing vp with thinner leaues, both ſingle, and verie thicke. The Colewort becommeth the bigger, through the earth daily turned light

light about the bodie. And particularly to write, the common Colewoorts, which they name the long or greene, ought to be sowne from the middle of August, or from the beginning of September, that these may be growne vp into bigge leaues to serue in Winter and in the lent time. The husbandly Gardener or owner may plant young Colewoorts in October, and set them againe in December, to pollelle the leaues in the sharpe Winter, and the seedes in June and July, and to make them also grow as bigge tonft, as in the other seasons of the yeare, and as tender or rather tenderer, although not so delectable: and haue good regard, that the seedes be not to colde, for these then bring forth plantes out of kinde, of which the report goeth, that seedes sowne become Rapes, or Nauewes. Such seedes as you would to endure for sixe yeares, ought to be carefully preserued. Marcus Varro willeth the Colewoort to be sowen in saltie places, and when three leaues be come vp, to sift Nyter or salt earth on them, so fine as the frost falling, for on such wise handled, these are caused the tenderer and delectabler, the vertue notwithstanding preserued, which like practise is confirmed, in the Greeke husbandrie of Praxamus. There be some which vse ashes in stead of Nyter, or for the same cause, that either may kill and destroy the Canker-wormes, which greatly offend and waste the Colewoorts in some gardens.

The singuler Columella reporteth that the Colewoort doth come sooner soft and tender in seething, and doth keepe the greene colour without Nyter, if the roote lapped with three small blades of the sea weede, be againe set in the earth.

The worthie Plinie willeth the Keyte or sea weede, to be put vnder the stalke, in setting againe, and vnto the same end, the delicate and tender setting vsed, so that the Colewoort before the seething, bee steeped a time in Dyle and salt, but in the seething, put in a little salt, for the Nitrous and saltie substance consisting in it.

The Colewoort may be caused both bigge and pleasant, if thrust into a hole, you set vnto the leaues in earth, that no part of the stems be left bare, for doubt of perishing: and as the same groweth vp in heighth, and the earth shrinking from it, so continually raise the earth high vp to the bodie, and cut away the outward leaues, so that no more than the toppe of the leaues may appeare aboue the earth. The Colewoort often weeded about, and workemanly dunged wareth

eth the ſtronger, & cauſeth the Colewort to be of a greater increaſe, and tender of leafe. All the yeare through, may the Colewort be cut ſeeing all the yeare (as afore ſaid) the ſame may be ſowen, yet growne to ſæd, it ought not to be cut. The tender tops of the yong Colewort, is greatly commended for Sallets, ſo that ſomewhat hot, both oyle and ſalt be beſtowed vpon. When raine after a drought in ſommer time falleth, the owner may renew thoſe Colewortes decaying, by plucking away from them the decayed leaues, which either ſhall be drie or eaten in many places through. The Cabedge Cole or white Cabedge, may be ſowen thicke in beds, but after certain leaues come vp, remoued into well dreſſed beddes, halfe a yeard aſunder, growen eſpecially to a bigge ſtemme or ſtock, and theſe will ioy vnder a colde ayre in that they are cauſed the tenderer and delectabler through ſharpe frosts, and the heades couered with ſtraw, are cauſed both rounder and whiter.

The wrinckled, criſped, and Romane Cabedges, which of nature are more tender and delicate, ought to be ſowne in the moneth of March, and remoued at certaine times of the yeare, being alwaies watered, when need requireth.

When the Gardener or owner at any time ſeeth that the leaues of the Colewort either withereth or wareth yellow, the ſame then is a note of the default of water, which like happening, cauſeth the leaues to be yellow and full of holes or lythie and feeble, or els drie, through which of neceſſitie they muſt feeble and die.

If the huſbandman or owner would haue Coleworts tender and pleaſant (as afore vttered) let him breake off in the ſetting againe the outward leaues, for the inward leaues in the growing, wil after become better of taſte, and pleaſanter in ſauour, than the outward leaues were.

The redde Colewortes naturally growe through the aboundance of hote dung, or through the watering or well moiſtening of them with the Lées of wine, or els by the planting of them in hote places, where the ſunne daily ſhineth a long time togither.

Neuer take the tops of the Romane, criſped, nor the other, for your turne and vſe, but alwaies the thicke leaues downward, from the head or tops.

All the ſorts or kinds of Coleworts may be planted at al ſeaſons,

ſo

so that the times and earth be neither too cold, nor too hote. When you mind to set them againe in holes made with a Dybbel, cut away the ends of the rootes least in the setting into the earth, they fold or bend to the ground, which harme them greatly, and only those of a bigge growth are to be set again, which although they slowly take root yet are they caused the stronger. And the rootes of these, neither desire any soft dung, nor riuer mud to be annointed or laide about them, or to be set in a soft earth, in that they ioy and prosper, in a ground meanly drye, although the outward leaues wither, vntil ỳ time a swēt raine falling, recouer their strength. Some water the yonger Colewortes with salt water, to cause them grow tender. &c. as afore vttered.

Plinie (that incomparable searcher of the matter of nature) reporteth, that pots or other vessels, in which by water dayly sæthing, a crust or parget, so fast cleaueth or is baked to the sides within, that the same with no scouring can be gotten off, yet by sæthing the Colewort in this pot the crust immediatly and with ease falleth off.

Athæneus writeth, that the Coleworte ought not in any case to be planted or sowne neare to the Vine, nor the Vine in like maner nigh to it, for such is the great enmitie betwéene these two plants (as Theophrastus witnesseth) that being both in one plot together, these so hinder one another, that the Vine in branches growing further, rather turneth or goeth backe againe, from the Colewort, then stretching toward it, and it yéldeth lesse fruite there through. And the same to be true (Plinie affirmeth) the wine in the Butte or Hoggeshead to be corrupted, both in the sauour and tast, through the Coleworte put into it, but the wine againe to be restored, through the Béete steéped in it. By which argument or proofe, Androcides singular in knowledge (as the like Plinie writeth) reported, that the Coleworte greatly auaileth against drunkennesse. Of which, it is now a common exercise among the Egiptians, that greatly loue wine, to boile the Colewort with their meates, that in eating of the like prepared, they may so auoid the annoiance of wine after drunke. Paxamus (a Greeke writer of husbandrie) reporteth, that if any poure a little quantitie of wine by drops, into the licour of the Colewort boyling, the same after sætheth no more, but quailed in strength, is corrupted & changed in licour. By a like a man may cōtrary gather, ỳ the person which would drinke plenty of

wine

wine, without being ouercome with the same, ought to eate afore a quantity of the raw Colewort with meat. But for this matter, heare the sentence of the singuler man. (M. Cato) who willeth the person purposed to drinke much wine at a feast, and to dine or suppe freely, to eate afore supper, as great a quantitie of the rawe Colewort as he will, with good vineger, and being also set downe to supper, to eate fiue leaues raw, these then will cause him to be, as one that had neither eaten nor drunke, whereby he may drinke as much as he will, through the maruellous repugnancie of the hearbe with wine, as afore vttered, and like noted by Agrius, in the worthie worke of M. Varro.

The Colewort in like maner, ought not to be planted nigh to the Organic, Rue, nor Sowes bread, for the drying qualitie consisting in them, so that these either sowne or planted nigh to the Colewort, and other very moist hearbes, do generally hinder, and cause them to wither. A like matter worketh the Lauander, set in beddes neare to moist hearbes, through the heate consisting in it, as the Radish doth, which through the proper tartnesse or sharpnesse being in it, burneth any moist and tender plant growing nigh to the same.

This also is worthie memorie, which Athæneus reporteth, that in Athens (in time past) the Colewort was wont to be prepared with meate for women with childe, in stead of a certaine defensatiue against annoiances.

There is also made of the Ashes of Colewort, infused in water, a salt, in that the same possesseth a Nytrous substance (as afore vttered) through whose benefite, if this be meanly boyled, and taken in broath (as we shall heereafter write) doth loose the belly.

The Phisicke helpes and worthie secrets of the Coleworte.

The Colewort in the vse of phisicke, hath so many properties, that peculiar Pamphiletes the ancient, as Pythagoras, M. Cato, Chrisippus, Dieuches, and sundrie others, wrote of the vertues of the same. But of the monuments of these men none are extant, sauing ẏ same which M Cato, & Plinie, haue left to memorie writtẽ. Therfore a few vertues of this hearbe (& of the worthiest) shal after be vttered,

First

First M. Cato writeth, that this herbe cooleth and moysteneth in the second degree, and for the hardnesse of making water, which commeth forth by droppes or veris straightly, he willeth to prepare the herbe after this manner, in taking the Colewort leaues cleane picked, and after the bestowing of them in scalding water, to let them sethe a while, which as yet halfe raw, poure the licour almost from them: to those then adde a reasonable quantitie, both of Oyle and Salt, but of Cummine a little, which done, let the whole seth a while, then taking it from the fire, and cooled, to sup a meale or draught of the broth, and the Colewort leaues to eat, as sone as they be thus sodden tenderer, which in like maner dayly vse, vnto the time the patient be eased.

For all maner of vlcers, and swellings, vse and apply the Colewort workmanly bruised, especially the small stalks & tender leaues of the same, that the Grekes name Crambe, and with vs, ỹ common Colewort, which like ordered, purgeth the canker sores, and in short time healeth them, the like of which, no other medicine properly can do. But before the patient lay them on, he must diligẽtly with much warme water, supple and wash the sores, after apply or lay on twise a day the said Crambe or common Colewort bruised: with which remedie also, both loose ioynts and bruses, yea canker sores & vlcers in the Pappes of women, may maruellously be cured.

If the vlcer be so tender, that it cannot suffer the sharp working of the Colewort, then mixing the Barly meale with it, apply on such wise and the report goeth, that there is one simple, which like prevaileth against the ioynt sicknesse or Ache of ioynts, as the raw colewort diligẽtly applied, doth, if the same finely shred, be eat with Rue and ỹ Coriander, or els with a corne or two of salt and Barly meale, artly mixed with Oximel, the same be vsuted morning & euening.

That if a person hardly beateth or but little bruse (saith M. Cato) the Colewort with wine, which after the hard wringing forth, and warmed in a saucer, drop gently into the Eare, and in short time the patient shall feele the benefite of the same. These hitherto M. Cato, which accustomed to proue the crisped Colewort especially, next the thin with great leaues and bigge stalke.

Leauing further to write of the vertues, which Cato in his husbandry, and the singular Plinie vtter, I here mind to declare certain

worthie practiſes of the Grékes, as touching the Colewort, and firſt they report, that the decoction of the Colewort drunke with pleaſant wine, to procure the monthly courſe in women, to theſe the iuice of the ſame mixed diligently with fine hony, to cure the eyes, if the ſame wittily be dropped into the corners of them.

That if any hath eaten venemous Mushromes, he ſhall marueilouſly be holpen, by drinking the iuice of the Colewort.

Nor they omit that the ſame doth yéld a mightie nouriſhment to the body, in ſuch maner, that children eating of the Colewort for a time, do the ſpéditier go alone.

The iuice (as they report) drunke with white wine, for xl. dayes togither, cureth both the diſeaſe of the Splene and Jaundiſe, as the worthie Paxamus (in his huſbandly inſtructions) confirmeth. In which he reporteth, that three parts of the Colewort, with two parts of the round Alume ſteéped in vineger, cleanſeth the foule ſcurfe and leaprie, the ſame boyled and drunke amendeth the voice and griefe of the Arteries. For which cauſe many ſtudents, vſe deſirouſly this hearbe.

To vſe alſo the ſéed and leaues, with Sylphium and vineger bruſed, and applied on the greéued place, doth perfitly cure the bit, both of a dog mad and not mad.

And if it ſhall happen through a diſtillation or Reume from the head, that the Vuula or roofe to be fallen into the throte, the iuice then of the rawe Colewort applied to the head, will in ſhort time recouer, and ſtay the ſame in the proper place, a ſecret in very déede, worthy to be noted.

The rawe iuice of the Colewort drunke with wine, helpeth the bit of a Serpent or Adder, the iuice with the meale of Fenigreke and Vineger artly mixed, e either annointed or applied in plaiſter forme, doth effectuouſly cure the Gout, Joynt ſickneſſes, yea filthy and olde vlcers, as the worthie Dioſcorides writeth. The iuice alſo ſnuffed or drawen vp into the noſthrils, purgeth very well the head, and conueied into the ſecret place with the meale of darnell, draweth the reddes or termes downe.

The iuice of the leaues annointed alone, or with Barlie meale beaten and mixed doth in ſhort time qualifie inflammations, and aſſwage great ſwellings, and with ſalt doth breaketh Botches, and

ſtaieth

ſtaieth the ſhedding of haire.

The diſeaſed of the Splene, this raiwe eaten with Vineger doth profite, after the boyling mixed with honny the ſame greatly prevaileth againſt eating vlcers, and canker ſores.

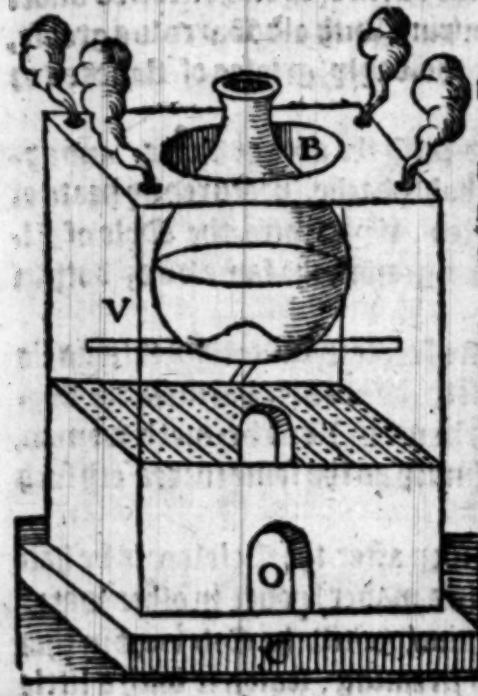
The greene ſtalks with the rootes burned (or rather roſted vnder hot imbers) which after the artly mixing with old Barrowes greaſe, be in plaiſter or ſome applied, to the dayly griefes of ſlanckes or ſides, doth in ſhort time prevaile.

The iuice of the Colewort mixed with the oyle of Roſes, and applied to the forehead, doth remoue the headache, procured by heate of the ſunne. To this Colewort boyled, if you mixe the Oyle of Almonds, and iuice of the ſweete Pome-granat, the ſame vſed, doth in ſhort time deliuer a dry cough.

The Colewort (after the opinion of certain ſkilfull Phiſitions) is found to be hard in digeſtion, ſwelleth the Bellie, harmeth the flegmaticke (in that the ſame increaſeth humors) and harmeth women, hauing the red courſe on them, for aſmuch as the ſame increaſeth ſuch a fluxe.

If you would drie a moiſt belly, then after the Colewarts be halfe ſodden (by pouring forth al the firſt in a maner) poure in other warm water ſpedely, which like boile againe, vntill the Colewort in this ſeething, ſhalbe tender and ſoft, and in eating, ſeaſon it with a little pepper and ſalt: but this may not be handled on ſuch wiſe, if you would vſe it for looſing of the bellie, for then after the ſhifting of it out of the firſt hot licour, into a pan ſtanding faſt by with Oyle and a little ſalt prepared, you muſt boyle againe vnto the time the ſame be readie,

The commended benefites of the diſtilled water of Coleworts.



The leaues of the gréene and common Colewoꝛt, are to be diſtilled in a faire and apte time, about the beginning of June.

This water miniſtred oꝛ receiued vnto the quantitie of thꝛée ounces at a time, moꝛning and euening, ſtaieth womens reds.

The diſtilled water of the Colewoꝛt, pꝛofiteth the birth of childe, when the time of deliuerie is at hand, if a Napkin wet in it be applied often to the noſe, to ſmell vnto, foꝛ by that meanes may ſhée happely be delinered. The like quantitie dꝛonke, helpeth the dꝛopping of the bꝛine: And dꝛunke vnto the quantitie of thꝛée ounces, at a time, moꝛning and euening, ſtaieth a looſe Bellie.

The Phiſicke helpes of the water of the red Colewort.

The leaues of the red Colewoꝛt gathered, are to be diſtilled in the end of May.

This water dꝛunke in the moꝛning faſting, vnto the quantitie of fiue oꝛ ſeuen ounces at a time, ſoftneth a hard belly, and thꝛée ounces at a time vſed (foꝛ a month togither) putteth away the giddineſſe of the head: this water pꝛofiteth againſt the Apoplexie, [illegible]-abulſion oꝛ Crampe in the members, either dꝛunke oꝛ annointed on the gréeued places. This water helpeth the trembling and quiuering of members, if thoſe be often rubbed and ſuppled with it, and the water ſuffered to dꝛie theſe into parts by it ſelfe.

The

The linnen clothes wet in it applied on inflammations; putteth away the heate, and ceaseth or swageth the swelling: and orderly drunke, healeth vlcers, both within and without the body, so that the vlcers without, be applied with linnen clothes, both morning and euening.

What worthie instructions to be conceiued, in the sowing and ordering of the Beete for the Pot. Chap. 2.

THe Béete more often eaten at poore mens tables, ought to bée bestowed in a most fat earth, and sowen at any season, but rather the sædes to be committed to the earth about the middle of December, and vnto March, and like in August, to possesse sædes, which may indure for three years. The sæds ought rather to be thick than thin sowne in bed, and shot vp to some growth, as that foure or fiue leaues be spring aboue the earth, then in summer time, the plantes are to be remoued, if the beds afore were moistned or wet with showres, as the singuler Columella writeth: but if the ground be drie in harueſt time, then to remoue them where shoures lately fell and softned the earth.

The Bæte loueth or ioyeth to be often digged about, and to be fed with much dung, for which cause the yoong plants to be set againe, ought after the endes of the rootes cut off, and the tops of the leaues clipped, to be striked or annointed about with new Cow-dung, and then bestowed in beddes a good distance asunder, which after the plantes be more growne vp, to be diligently weeded about, and the vnprofitable weedes throwne away, for by that meanes they grow the fairer and bigger, being as I said bestowed in fat earth and well dunged.

The Béete may be caused to grow bigge and broad as Sostion in his Greeke instructions of husbandrie affirmeth: if before the Béete shalbe growne vp into a stemme, and shot forth in stalkes, the owner lay vppon the head a broad Tile, Potsharde, or some other thing of waight, to presse the top gently downe, for by that practise or meanes in the waightie bearing downe, the Bæte is caused to spread into a breadth with the leaues.

The Bæte becommeth the whiter and far greater, if the husbandly Gardener annoint or couer the rote with newe Ore or Cowe

dung, and that he cut the roote and top of the young Bæte, as the Læke handled before the ſetting, and after a bigger growth to preſſe it downe as afore vttered. To haue the Beete growe redde, water the plant with red wine Lyes, or ſet the ſame in a hote place, where the ſunne dayly ſhineth long. The Bæte roſted in Imbers, taketh away the ſtinking ſmell and ſauour of Garlike eaten, if the ſame bee eaten vpon or after the Garlike, as the Græke Menander hath noted. This is maruellous to heare by the ſæde of the Bæte, that it yeldeth not the whole perfection or perfit ſæds in the firſt yeare, but an increaſe in ſædes somewhat more the ſecond yeare, and in the third yeere a full perfection, from the firſt ſowing: And Plinie reporteth, that the Bæte ſpædier commeth forward with the old ſæd, than with new: for which cauſe, the matter demanded of a ſkilfull Gardener, reported of experience, that the ſædes of the Bæt to ſow, ought not to be gathered, before the Bæte had borne a third yeare, after the firſt ſowing of which ſædes ſowne in due time of the Mone, the beſt Bæts come, and this not to be forgotten, that when the taſt of wine, through the Cole wort (as afore vttered) is corrupted in the veſſel, the ſame againe by the ſauour of the Bæte, as through the leaues put into it, is recouered. Theſe hetherto of the Bæte.

The Phiſicke benefits of the Beete.

FIrſt all the kindes of the Bæte, haue a colde and moiſt qualitie and the white Bæte as Diphilus the husbandly Phiſition reporteth, looſeth the bellie, and the red Bæte moueth or prouoketh vrine. Galen affirmeth this Bæte to be endued with a nytrous qualitie, through which it both purgeth and cleanſeth filth, which vertue is more effectuous in the white, inſomuch that it cauſeth the belly laxatiue, and purgeth the bodie of euill humours, yet the ſame paſſed to the ſtomacke, byteth and plucketh it. The iuice of the common Bæt drunke, louſeth the belly, but the ſame harmeth the ſtomacke, in pinching or byting it, eſpecially thoſe perſons which haue a tender and delicate ſtomacke, ſo that the herbe is better commended ſodden, than the raw iuice vſed.

The iuice of the Bæt mixed with the ople of bitter Almonds, after the beating of it in a ſawcer, ſupped or drawne vp into the noſthrils, doth greatly helpe the ſtopping of ỹ noſe, & recouer ſmelling, though

the

the purging or clenſing of the head. The roote of the Béete boyled in water, and thrée or foure drops of the licour dropped into ẏ eares, doth remooue the rage and paine of them. And the iuice of the Béete rubbed on the gummes, doth aſſwage the rubbing of them, the iuice of the raw Béete, annointed on any bald place of the head, procureth the haire to grow, and killeth lice. The décoction of the leaues and rootes, doe alſo cleanſe the head of Nittes and Dandrie. The Béete after the tender boiling, applied on whelkes, & bliſters of ſcalding or burning, doth in ſhort time heale them. The iuice of the Bét drunke with Cumine or Dyll ſéedes, remoueth the gripinges of the belly. The blacke or redde Béete boyled with the pulſe Lentiles, and the ſame receiued, ſtayeth a looſe belly, which (as I aboue ſaid) the white Béete looſeth. This white Beete alſo ſodden and eaten with raw Garlike, doth driue away the wormes of the belly. The Béete boyled, helpeth the obſtructions or ſtoppinges of the Liuer, more than the great Mallowes or holy Oke doth, eſpecially when the ſame is eaten with Muſtard or Vineger, and eaten in like maner as with Muſtard or Vineger, doth maruellouſly aſſwage and helpe the corrupted ſplene. This hearbe is rather eaten after this maner, for Phiſicke cauſes, then for nouriſhment, in that there is but a ſmall nouriſhment of this, as of all other Pot-hearbes, which to the full eaten of at a time, or often eaten doth not only gripe and bite the ſtomacke, but increaſeth euill humours, as well in the healthfull, as ſicke perſons.

The ſpeciall effects of the diſtilled water of the white Beetes.

THe time of the diſtilling of this hearb, is in the end of June, and that both the leaues and ſtalkes togither. The new water of the white Béet, drunke morning and euening, vnto the quantity of foure ounces at a time, doth marualouſly preuaile againſt the ſtone, in that the ſame conſumeth it. This quantitie like drunke, preuaileth againſt the the griefe of the ſtone, in that it purgeth the loines and kidneies. This ceaſeth the vexing paine of ioynt aches, by applying wet clothes on the places, dipped in it.

What

What rare helpes and secrets to be learned, in the sowing and setting of the Blete.
Chap. 3.

THere is two kindes of this Blete as the white, and the redde or blacke, both at this day very well knowne, through their growing as common in the field as garden. The stalkes and leaues of the redde ware so redde in the growing, that they appeare as dyed with a scarlet colour, but after a further growth, in time, these from that colour are changed into a purple, and at length ware blacke to the eye, of which the same also is named of some the blacke Blete. The roote besides of this hearbe in the breaking, appeareth so red as any bloud.

The white Blete possesseth or rather sendeth forth branches and leaues like to the Bete, and the same without sharpenesse or biting, being vnsauerie, and eth is of the same condition, that it spedely springeth in the garden, as Plinie reporteth.

And the white or red Blete may be sowne in any earth, but rather in a well dressed ground, in the month of March, as the skilful Neapolitane Rutilius willeth, which strongly growne in the earth, or fully come vp, continueth and yerely renewyeth of it selfe, without any proper sowing, so that in time this so taketh roote by the sedes yearely falling, that the Gardener after can hardly weede the same out of his ground, if he would: wherefore this once sowne in a fertile earth, prospereth many yeares by the yerely yeld and falling of the Sedes, and requireth neither raking nor wedding about it, as the worthy Palladius reporteth.

The Phisicke helpes and commodities of the Blete.

THe worthie Galen in his booke De faculta. simpl. writeth that the Blete is a Pot-hearbe, much and often eaten of the simple sorte, and in a qualitie cold and moist.

This as Plinie writeth, is thought to be vnprofitable to the stomacke, & so much molesting the belly, that in some this moueth & causeth the Choller to encrease, & the fire of the belly. Yea this moueth also vomitings, with griping of the belly, through choller moued and

stirred

ſtirred vp, which by the daily or too much eating of it at a time procéedeth, yet the Diete of practiſe knowne, doth harme leſſe the ſtomacke and bellie, if the firſt water powred foorth, and the left herbe put in a panne, be fried with Oyle and butter, and a little Salte added, or vinegre, and ſo eaten. But this notwithſtanding may not be often eaten, nor to the full at a time ſoraſmuch as this (of experience knowen) procureth vomiting, and engendreth paine in the ſtomacke, griping in the bowels, and to be laxatiue, through the mouing of Choller. And in the eating of this is to be remembred, that the herbe be not eaten with Oyle alone, and a litle Salte, but rather with Vinegre added for the more part, in that the ſame otherwiſe is knowen to be enemie to the ſtomack. This herbe (as aboue vttered) hath a propertie in ſoftning the belly, eſpecially when the force of it is encreaſed, by ſome other ſlippery and clammy matter. Theſe hitherto Galen. This notwithſtanding drunke in Wine (as Plinie reporteth) preuaileth againſt the bite of a Scorpion, & laid in plaiſter forme, on the thick ſkin of the ſéete, and in like maner, for the beating paine of the temples, and with Oyle on the Wylte, doeth greatly profite. And the worthie Hipocrates writeth, that the ſame eaten in the maner (aſafore taught) doth reſtrain or ſtay the terms. Theſe hitherto Plinie.

What diligence and skill is required in the ſowing and ſetting of the Garden Arage Chapter. 4.

THe Garden Orage for the Potte, ought by the agréement of the ſkilfull, to be ſowen in the moneth of March and Aprill, & in the other monethes following, vnto Harueſt, the apt ſeaſons and times herein conſidered. But in ſome places are Seedes beſtowed in the moneth of December, in a well drelled and dunged Earth, and the plants better proſper, being thinne ſowen. Theſe alſo may be ſowen by themſelues in beddes, and togither with other herbs, and they alwaies deſire to be cut or broke̅ off with an iron inſtrument, that they ceaſe not yéelding forth of yong. The Orage loyeth in the often watering, if the ſeaſon and ground be very dry. The Séeds of the Arage ought diligently to be couered, incōtinent after they are beſtowed in the Earth, and the rotes of the herbes to be often digged vnder, and

left hollow of earth, that the Rootes may grow within the stronger.

This hearbe is supposed to grow the greater, being not remoued at all, and for that cause the plantes thin bestowed in beddes, do euermore ioy and encrease the better. The plant in like maner encreaseth and becommeth the sooner great, through the often and diligent wéeding exercised about the same. To be briefe, this plant after the mind of Rutilius requireth to be watered all the hote and drie seasons, vnto the time of Haruest, in that the same delighteth and encreaseth the faster, through the daily moisture bestowe don it.

The Phisicke benefites of the Orache.

The séedes of this hearbe may be kept to vse for foure yeares, and these through their clensing qualitie, helpe greatly the stopping of the liuer, causing the shedding of the Gaul, or yellowe Iandise. Two drammes of the séedes bruised, ministred with two ounces of honny, and a draught of warme water, and drunke fasting, doth on such wise by vomiting cast vp Choller. The hearbe in qualitie is knowen to be cold in the first degrée, and moyst in the second, through which reason it softneth the belly. The hearbe smally nourisheth, in that the licour or iuice of it is waterie & slipperie, through which it lightly loseth the belly, & the leaues after the bruising laid in plaister form on hot impostumes & swellings, & like on the shingles, doth both spédely cole & heale them. The séeds after the bruising, také with a quantitie of hony, and the same sundrie times, helpeth such as fetch the wind hardly. The séeds like vsed, do expel the wormes in the belly, and prouoke vomiting. Pythagoras greatly misliked the Orach, in that the same (as he affirmed) caused by the often eating both a paleneſſe of face, & the kings euill. But the worthy Dioscorides far otherwise iudged, in that he affirmed the Arache séedes to helpe the Iandise. The Arache also helpeth such, as haue a hote liuer. If the hearbe Mercury with the Orach be diligently boiled, and the broath sundrie times vsed, it doth both loose the belly, and deliuereth ỳ pain of the bladder. The person daily vsing the decoction or broth of the Orach, with the Herbe Mercurie and Béets, for a time togither doth spédily deliuer and rid the Agew. The Orach eaten, is thought profitable

ſtable for the perſon ſpitting blood, The herbe bruſed and applied to the bellie, not onlie cleanſeth the defaultes or corrupt matter within the priuie place, but ceaſſeth in ſhort time the painfull griefe of the Matrice. The Roche bruſed and laid in plaiſter forme on any member hurt either with thorne or nayle, doeth with expedition draw the ſame forth, and healeth it. The herbe boiled with hony, and applied on rough nailes of the fingers, doeth within ſhort time loſe them off. The Roche bruſed, and after the mixing with hony, applyed in plaiſter forme, doeth in ſhort time remoue the aching paine of the hote Gout in the feete. The herbe ſo tender and ſoft boyled, as any other Pot herbe, and eaten of the patient, doeth not onely ſoften the belly, hardned or coſtiue by heat, but remoueth diuers ſwellings.

What ſingular skil and ſecreats is to be knowne in the ſowing, remouing, and ſeting againe of the worthie Herbe named Sperage. Chapter. 5.

The field or Garden Sperage, loyeth in a fat moiſt, and well dreſſed Earth, and the herbe growen vp to heigth, hath by euerie leafe growing forth, a redde Berie hanging downe, in which a ſeede is, that the herbe in the ſowing commeth of.

The ſeedes to be committed to the earth as the worthie Didimus in his Greek inſtructions of huſbandrie reporteth, ought to be beſtowed in the Spring time, into litle holes of three fingers deepe, in which the owner or Gardener may put two or three ſeedes together, well halfe a foote diſtant one from the other, which thus beſtowed, requires after no more trauell nor care for the firſt yeare, ſauing the digging about, and plucking vp of weedes growing among them.

But for the ſowing and increaſe of the Sperages, it ſhall be to great purpoſe and commoditie, to heare the wittie precepts and inſtructions of Marcus Cato, Collumella, Plinie, and Palladius like agreeing.

The ſeedes (ſay they) as much as three fingers can take vppe at one time, may the owner or Gardener worthemanly put, and lightly couer, in Earth both fatted and well dunged, and in very litle furrowes, ſo ſtraight made as a line, which on this wiſe handled, will by the fortith day after grow ſo inwarde in the Earth, that the rootes ſhot forth, will claſp & fold one in another, as if they ioyned

togither in one, and for the ſame named of the auntient Gardeners Earth Spunges. If the places in which you purpoſe to committe the Seedes ſhall be drie, then theſe laide in ſoft dung, lying alowe in the furrowes, ſhall on ſuch wiſe be ordered and couered, as if they lay or were beſtowed in little Pines. But in a contrarie maner ſhal the owner or Gardener worke and doe, in continuall moiſt places, for the Seedes in like places ſhal be beſtowed on high ridges, workemanly rayſed with dung, that the moiſture may leſſe annoy the plants in the growing, which only ought to be fedde or watered with the moiſture paſſing by, and not ſtill to abide in that moiſture, to be cloyed with it. The Séedes on ſuch wiſe beſtowed, will yéelde a Sperage in the firſt yeare, which the owner or Gardener ſhall then breake, or cutte off beneath. But if the owner aſſay to pull at it neare the grounde, the ſmall rootes (as yet tender) and weake in the Earth, may happen to riſe and follow with the whole Spunge, which therefore workemanly broken off, ought thus to be fedde and nouriſhed in one proper place, growing ſtill for two yéeres with dung, and diligent weeding. In the other yeares following, the Sperage ſhal not be brokē off by the ſtalk, but plucked vp by the roote, that the ſame may ſo open the eyes of his branching, for except the plant be handled on ſuch wiſe, the ſtemmes broken off, will not increaſe the eyes of the ſpunges, but rather grow as blind, ſo that theſe will not ſuffer the Sperage to yéeld or ſend forth the proper increaſe. The ſame ſhal the Gardener preſerue, of which he gathered the ſæd, & burne after the crops & knobbed ends or ioynts of ẏ ſame herbe. After this, about the winter time, ſhal the owner lay or beſtow on the ſpunges, both aſhes & dung, which the learned M. Cato rather willeth to be Shéeps dung. There is another maner and way of ſowing by Spunges onely, which after two yéeres ought to be remoued into a ſunny & wel dunged place. The like furrowes ought to be made well a foot diſtant one from the other, and not aboue twelue fingers déepe, in which the tender & yong ſpunges are ſo to be ſet, that lightly couered with Earth, they may eaſily ſpring and ſhoot vp. But in the Spring time, before they ſhal come vp or appeare aboue ẏ ground, the Gardener or owner with a forked iron, cōmonly named a dibbel ſhal ſo looſe the earth, ẏ the end of it may appeare out, & the roote of ẏ herbe looſed from the ground, may by ẏ meanes increaſe to a more bigneſſe.

The

The same M. Cato willeth the plant to be raked and diligently weeded about, but so handled in the digging about or weeding, that the rootes of the plant be not losed, or in the weeding by it be otherwise feebled in the treading downe.

In the winter time, the litle groue of Sperages shall be couered ouer with thin and light Mattresses of straw, least it should be bitten and greatly endamaged, with the frostes and cold ayre, whichin the spring time shall be opened and vncouered againe, and fedde with dung about the roots that the plants may the speedier come forward and increase, through the comfortable feeding of the dung and moysture, orderly done.

The worthie Didimus (in his Greeke instructions of husbandrie) reporteth, and after him the learned Plinie, that many Sperages do spring vp through the hornes of wilde Rams broken into grosse pouder, and these strewed along in litle furrowes, and after the light couering with earth, often watered, which although it seemed not credible to the worthie Dioscorides, and that he much misliked the reason of the same, yet if the Gardener or owner shall make a prose or tryall, he will after confesse (I dare affirme) this experiment to be most true.

There be which farre maruellouser reporte, euen that the whole hornes of Rammes, not broken asunder, nor cut into small peeces, but onely boared through in many places, and then bestowed in the earth, to bring forth or yeld in short time Sperages, which if the owner would possesse of them for all the yeare to feede on, when he gathereth the fruite, must then in the digging about (as the saide Didimus writeth) open those rootes, which scatter and spread in the toppe of the Tyrfe, for the yong plant thus ordered, will speedelie send forth new tender stemmes, and yeeld Sperages, which lightly boyled in water and fresh broth, and to the same both salt and oyle or sweete butter orderly mixed, and a litlle quantitie of vineger poured vpon, will after yelde a singular delight to the eaters thereof.

But in this place I thinke it necessarie to be remembred, that the Sperages require a small boyling, for too much or long boyled, they become corrupt or withoutdelight in the eating.

Of which the worthie Emperour Drusus, willing to demonstrate

the spædie succesſe of a matter, was wont to say, the same should be sooner done than the sperage boyled.

As touching the making of the sauce or pickle, the tender stalkes sprinkled with salt, and wrought vp in round heapes, ought so to be let alone to sweate in the shadow, after to be diligently washed with the owne licour, vntil they be sufficiently abated, and cleared of the moisture in them, at the least, cleused from the pickle, and in the laying on of a weight (after such maner) prested forth. Then poure into an apt vessell two partes of vineger, and one of the pickle, which workemanly thicken with dry Fennell seedes, in such maner as the tender stalkes and leaues, may well be prested downe and couered in the same, and that the licour reach vp vnto the top or brimme of the earthen pot.

The Phisicke commodities and helpes of the Sperage.

The fruite and seede are vsed in medicine, and indure for a yeare in perfit vertue, the hearbe by nature heateth and moysteneth, and so the same reformeth and helpeth the palsie, the Kings euill, and strangurie. The garden Sperage prepared with meat and eaten doth not onely helpe a harde milt, but stopping of the Liuer. The roote of the Sperage boyled in wine, and ministred in apt time of the Moone, recouereth the shedding of the Gaule, and the same is by experience knowne. The meate of the Sperage, is reported to be most profitable for the stomacke, which with Cummine mixed, doth remoueth the swelling of the bellie, and cholicke.

The meate of the Sperage orderly prepared, and eaten, doth not onely procure vrine easily to passe, but dissolueth, and sendeth forth the small stones in the bladder, through the iuice of a Lemmon added to, which experience will well confirme. There be some which minister the rote (artely boyled with sweete or white wine) for griefes of the womans priuie place. There be which affirme, that the person shall not be stinged with Bees, if he annoint the naked parts with Sperage and oyle bruised togither. The decoction of the rote, not only profiteth the persons hardly making water, but aswageth all maner of griefe and paine of the gummes, teeth, and mouth, by holding the same for a time and washing the mouth therewith.

The

The worthie Plinie writeth, that the Sperages workemanly boyled, doe maruellously profit and helpe the griefes both of the breſt and chine of the backe. To theſe, the Sperage to procure and moone forward the veneral act, and to looſe gently the belly.

Dioſcorides reporteth, that the Sperages either roſted or ſodden, do mitigate the dropping paine of the vrine, the difficultneſſe of the ſame, and the perrilous flix Diſenteria. Galen affirmeth, the ſperage to clear the kidneys and ſtopping of the liuer, eſpecially with the rote and ſeeds.

What skill and obſeruation to be followed, in the ſowing, and ordering of the Spinage. Chap. 6.

This plant apteſt for the Lent time (for that the ſame is oftner or more common vſed in that ſeaſon) may in any good ground bee beſtowed, for it commeth vp verie well in euery place. And ẏ ſeedes are to be committed to the earth in the moneths of September & October to ſerue for the Lent inſuing for that it is the firſt pot-herbe which is found in Gardens about the Lent time. But in the months of December, Januarie, Februarie & March, for all the ſommer following. And this plant very well indureth the extremitie of times & ſeaſons, as the cold, froſts, & ſnow. And although Spinage commeth wel vp in any ground, yet the earth ought to be diligẽtly labored before, & the ſame to be ſomewhat moiſt. The plants after the comming vp, which appeare by the vii. day after the ſowing, need no weeding to be done about them, but only to clip off the tops of tender leaues, wherby they may grow vp the comlier & fairer to the eye. If the gardener would haue the bed of Spinage indure a long time, & to profit, he ought to cut halfe the bed along at one time, & the other halfe at an other time. This pot-herbe (after the tops cut off & throwne away) ought to be ſodden without water, in that the ſame (in the ſeething) yeeldeth much moiſture, for contented with the licour, it refuſeth any other broth added, ſo that this other wiſe ſodden, loſeth the kindly and naturall iuice of the ſame, and beſides too haſtily drowned or ouercome with the ſame. This being verie tender after the ſeething ought to be finely chopped with a woodẽ knife, or other wiſe ſtamped and turned often in the beating of it, which wrought vp into round heaps, & fried in the ſweeteſt oile or butter, muſt ſo be prepared with a quantity of veriuce and pepper bruſed, that it may the more delight the taſt.

The

The Phiſicke benefits and helpes of the Spynedge.

This hearbe for the pot, named Spynedge, moyſteneth and cooleth (after the mind of the ſkilfull) in the end of the firſt degrée. The Spynedge both ſofteneth the bellie, and moiſteneth the bodie, and remoueth the greife of the breaſt and Lunges. This gathereth winde in the body vnleſſe the excrementall humour be ſent forth by purge: but applyed in hote cauſes this greatly profiteth.

And if we may credite the Phiſition Serapion this more nouriſheth then the Arage, loſeth the bellie, and leaueth after it a bitter nouriſhment yea clenſeth, mundifieth, aſſwageth cholier, and profiteth both the breaſt and Lunges. The hearbe boyled and applyed, helpeth the ſoreneſſe and griefe of the throte, procéeding of bloud, and the redde cholier. The dayly eating of this hearbe, doth marueilouſly profit ſuch hauing a hoarſe voice, and that hardly fetch breath, and much moleſted with the cough, if the hearbe after the proper ſéething and ordering, (as aboue taught) be eyther fryed with ſweéte butter, or the oyle of ſweete Almonds, and that to it Verjuice and Pepper buiſed, be wittily added. For on ſuch wiſe handled, the ſame (dayly eaten) do expell humors, where in a contrary maner, the decoction and hearbe ſimply being dayly eaten, doth (by agrée-ment of the ſkilfull) ingender in condition Melancholy, as the dayly eating of Lettuce doth, the hearbe prepared (as afore taught) and eaten with the decoction of the ſame drunke, doth not helpe without doubt the grieuous raines, and ache of the backe, but loſeth a coſtiue bellie.

What skill and diligence is required in the ſowing and ordering of the Garden Sorrel.

Chap. 7.

The Sorrell of the Garden, although it wil well inough come vp in ground not dreſſed, yet the ſeedes euermore beſtowed in laboured earth, not dunged at all, in the moneth of Aprill, and to be much and often watered, vntill they be well come, in that the ſame eſpecially ioyeth being placed neare the water.

And the Gardener minding to poſſeſſe the ſeedes of the Sorrel, ought

ought, after certaine leaues come vp, to remoue the plants, in letting them grow, vnto the full ripenes of the sæds, which after the through dryng, to be kept vnto the sowing time. The Sorrell come vp, neither well abideth frostes, colde, nor ouermuch moistu e. and to haue the beddes of Sorrell continue sæmely to the eye, all the sommer through, let the owner or Gardener cut the tops of the Sorrell, three or foure times in the yeare.

The like diligence may be imployed, in the sowing and ordering of the Garden Pimpernel.

The Phisicke commodities and helpes of the Sorrell and Pimpernell.

The hearbe Sorrell coleth and drieth in the third degrée, and the hearbe eaten, remoueth lothsomenesse, and procureth an appetite to meat. The Sorrell sauced with Vineger, and eaten fasting in the morning, is a preseruatiue for the Plague. The leaues wrapped in paper, and rosted vnder hote imbers, which after the bruising and mixing with a little oyle of Roses, applied on swellings, doth bring them in short time to mattering.

The sædes of the Sorrell bruised, and drunke either with water or wine, allwageth the daungerous Flixe Dissenteria, and the paine of the bellie of a continuall Flixe, and the abortement of the stomacke.

The rootes of Sorrell boyled with Vineger or raw imployed and annointed, to heale the Lepry and Ringwormes, and rough nailes, but it behoueth to rubbe ouer the places afore, with salt Nyter and vineger in the hote summer. A decoction of the roots reaketh the itch of the body, if with the same the bodie in a bath be gently rubbed and suppled, the root besides boyled in wine allwageth both the griefe or paine of the eares and téth. Many in remouing of the kinges euill, weare the rote about their neck. The iuice of the Sorrell, tempered with olle Oliue, and rubbed on the head, remoueth the grœuous pain of the head proceeding of an vntemperate hotenesse. The rots boiled with wine and drunke or eaten, remoue any sicknes cõming of heat, as the Iaundise, proceeding of the liuer or Milt, in the like manner

drunck, and the rootes after the bruſing applied in plaiſter forme to the priuie place, do ſtay the reds of women long continuing. The ſædes boyled in Wine, doe ſtay all maner of fluxes of the bellie, and remoue the ſwelling of the milt. The leaues of Sorrell well bruſed, and applied on the wreaſt, doe aſſwage the burning of the Feuer.

The Pimpernell of the Garden, heateth and drieth in the ſecond degree. The hearbe is eſpecially applied for poiſon, in that the ſame cleanſeth all the outward filth of the body. The root boyled in Wine & drunke, remooueth the euill and venemous bloud from the heart, of which the plague is eaſily cauſed to proceed, and ceaſſeth the headache. If a man be wounded vnto the ſkull, the iuice of this hearbe dropped into the wound and applied vpon, doth in ſhort time recouer, & heale the ſame without griefe. This dropped into vlcers and other wounds, cureth them. As for proofe take a Cocke, and ſtrike him into the ſkul with a knife, but not piercing it, after take the iuice of this hearbe, and inſtill two or three drops into the wound, and it wil immediatly bring the ſame vnto a ſkar. The hearbe mixed with Rocket ſæd and vineger, and drunke, moueth ſweate, expelleth poyſon and euill humours: boyled with wine and drunke, remooueth the diſeaſe of the hips, and eſpecially helpeth an euil cough, and purgeth the breſt. The hearbe boyled in wine and receiued, breaketh the ſtone of the kidnies and bladder, and remoueth the ſtrangurie. In the ſame maner imployed, profiteth againſt the gripings of the bowels. But this eſpecially auaileth againſt the ſtopping of the liuer and milt. The Pimpernell, to be briefe, helpeth the ſtone, moueth vrine, aſſwageth the ſtrangurie, purgeth the breſt, and expelleth the poyſon of the plague from the heart. The iuice of it boyled, and drunke before the fit of the Ague, putteth away any Feuer. The roote may alſo be canded, as the Ginger, with Sugar or Honny, and to preuaile the like againſt the aboueſaid diſeaſes.

The hearbe boiled, remoueth a continuall Ague: the iuice of the hearbe, a tertian Ague, ſo that the ſame be drunke before the fit.

A worthie experiment againſt the Phyſicke of the Lungs. Take of the Pimpernell brought into very fine pouder two ounces, of new Pimpernell water, and of Sugar, as much as ſhall ſuffiſe, making thereof an Electure, of which take daily two drammes.

The

The commended helps of the diſtilled waters both of the Sorrell, and Pimpernell.

THe ſorrell is to be diſtilled, with the whole ſubſtance, in the ſpring time. The water tempered with Triacle, preuayleth againſt the plague. The water drunke, remooueth all manner of inward heates, reaſeth thirſt, helpeth the Liuer and milt, by the drinking and imploying of the ſame, with linnen clothes wet in it. It remooueth the ſhingles being applied and drunke, it helpeth ſcalding or burning, and putteth away the kings euill. It auayleth in Agues, to coole the burning heat, &c.

The roote and bearbe with the whole ſubſtance, ſhred and bruſed togither, ought to be diſtilled in the end of May. The water of the Pimpernell drunk morning and euening, vnto the quantitie of three or foure ounces at a time, doth helpe the ſtone of the kidnies & bladder, and purgeth the Reines. This helpeth the plague, drunk within fiue daies once. It profiteth women, whoſe Matrice is euer cold, and ſendeth downe the reddes. This drunke, with a litle quantitie of Caſtorie in fine pouder, putteth away the ſhaking of the members. This drunke vnto the quantitie of foure ounces faſting, preſerueth the perſon that day from any naturall ſickeneſſe, in that it remooueth all maner of griefe from the heart, expelleth euill humours, and procureth vrine. This drunke, like profiteth againſt poyſon, it cauſeth alſo a cleare ſkin and faire both in face and hands, if the party for a time waſh daily thoſe parts with it.

What skill and diligence is required, in the workmanly ſowing and ordering of the Borage and Bugloſſe.

Chap. 8.

THe Borage, and Bugloſſe or Longdebeefe ſeruing for the pot, when the leaues are yet tender, and the floures for Sallets, require to be ſowen in the month of Auguſt, and in September, to ſerue the Winter time, and in the moneth of Aprill (the Moone increaſing) for the Sommer time, in that the Seedes (eſpecially of the Bugloſſe) proſper not ſo well, to be ſowen at any other

time, for ſo much as it ioyeth to be placed in a warme and Sunnie place, the earth afore diligently laboured and dreſſed. Theſe may the owner or Gardener remoue (after certaine leaues ſprung vp) at any time of the yeare, and to be placed in beds, either alone, or in Borders, round about the new beds of other hearbes. The ſeeds both of the Borage and Bugloſſe, require to be gathered in a manner halfe ripe, to the end they fall not out of their huſke. And the whole hearbe with the Seedes of either ought to be laid in ſome high place, open to the warme ſunne, that they may ripen the ſpædier, which full ripe, rub tenderly betweene the hands the ſeeds forth on a linnen cloth or ſheete, and theſe may you keepe for two yeares.

The Phiſicke benefites and ſinguler helpes both of the Borage and Bugloſſe or Longdebeefe.

The Borage, which otherwiſe of Galen and Dioſcorides, is named the Bugloſſe or Longdebæfe, is (by the agræment of the ſkilfull) affirmed to be moyſt and hote in the firſt degræ, which the ſelfeſame Galen witneſſeth, ſaying, that the Bugloſſe is of a moiſt and temperate hotenеſſe, for which cauſe, ſteeped in wine, it is thought to procure a gladſomneſſe and ioy to the drinker of it.

The Borage boyled in Wine, and the ſame drunke, procureth good bloud in the creature. The iuice of this hearbe mixed Artely with Sugar, and drunke faſting, maruellouſly helpeth the giddineſſe or ſwimming of the head. The Sirupe made of the iuice of Borage, to which a like weight of Suger, and a litle quantitie of the ponder of the bones of the Hart, theſe after the workmanly boyling, drunke faſting for a time together, maruellouſly recouereth the trembling and beating of the heart. If the iuice with the ſimple Sirupe of Borage & Sæne equally mixed, ſhalbe drunke morning and euening, doth not onely increaſe memorie, but remoue Melancholy. The floures rawe eaten with diſtilled Wineger and Sugar, doe not onely procure good bloud, but ſtay the trembling of the heart, which like they in Wine, and drunke, preuaile. The floures dried and preſerued for a yeare, do like profite in all the aboueſaid griefes, as the

hearbe

hearb doth. The ſirupe of Borage vſed for a time, preuaileth againſt the kings euill.

The floures ſteeped for a time in the Oile of ſweet Almonds, and after the wryting forth of this tenderly applied to the ſtomacke, and region of the heart, doe marueilouſly comfort the weake patient. Sirupes both of the Borage and Bugloſſe, are applied in Phiſicke, for the onely purpoſe of comforting.

To ſuch hauing weake Lungs, and a drie cough, the Bugloſſe ſteeped in Wine and drunke, greatly preuaileth: for the roughneſſe of the throte and cough, onely apply or drinke (as Galen inſtructeth) the Bugloſſe boyled in Muſſe, or water and honny. The Bugloſſe ſteeped in Wine, and tempered with Pellitrate, procureth after the drinking gladſomneſſe to the creature. It purgeth the red choller, proceeding of the ouermuch heate, being often drunke with ſweete wine. This drunke in the like maner, recouereth the Cardiacke paſſion, yea it expelleth the noyſome humours of the Lungs.

The iuice of the Bugloſſe, remooueth the ſwelling of the feet, being drunke with warme water.

The wine for a time drunke, in which the Bugloſſe ſhall be ſteeped, doth preſerue a good memorie.

The ſame wine of the floures ſteeped and drunke for a time, not onely comforteth greatly the heart, but engendreth good blood in the creature.

The ſinguler helpes and phiſicke benefites of the diſtilled waters, both of the Borage and Bugloſſe.

The commended time for diſtilling of the Borage, is for the moſt part, about the end of the moneth of May, when as it beareth

floure, which wholy with the rest, shred and bruised, ought then to be distilled in such a like furnace and vessel, as here before is placed, named of the worthie Phisitions Balneũ Mariæ, for that the same more neturally distilleth all maner of delectable floures, and comfortable hearbes, than any other dry fornace by ashes doth.

The water distilled in this fornace, drunke vnto the quantitie of two or three ounces at a time, both morning & euening, doth meruellously remoue and asswage, both the griping and swelling of the bellie, yea this cureth Dissenteria, and the hardnesse of fetching breath.

This water drunk fasting, vnto the quantitie of two ounces, doth not onely comfort the heart and braine, but rendereth a help to memorie and wit, yea purgeth the euill bloud, and recouereth phrensinesse.

This water easeth the griefe and paine, caused by the sting and venoming of a spider or Bée, by laying linnen clothes wet in it on the place. This with the red Sarcent layd on the eyes, doth not onely asswage the pain of them, but procureth a clearenesse of sight, yea the water applyed on the eares and necke, doth remoue the ringing and paine of the eares. The water of the Borage floures drunke, preuaileth after a like maner in al those griefes, as the water of the proper hearbe doth, yet the water of the floures accounted the worthier, for that the same purgeth the bloud, expelleth melancholie, and maruellously comforteth the heart. This also amendeth euerie maner of distillation of the head, by drinking two ounces euerie euening, before the going to bed. This drinke profiteth against burning Feuers, and the Iaundise, and drunk and applyed with linnen clothes wet in it, doth spædely cole and ameno the heate of the Liuer. The Buglosse ought rather to be distilled in the beginning of June, in the like fornace afore placed, named Balneum Mariæ. This distilled water drunke, profiteth all such, which are molested with the fitte, Disenteria, the painefull fetching of breath, and decay of minde: besides the pensiue and troubled, and those which are weake of braine, if this be drunke morning and euening with Suger, vnto the quantitie of two or three ounces at a time. This drunke preuaileth against al hote sicknesses, age wes, defaultes of the Lunges, the Liuer and Spit: it purgeth

purgeth all the blood, and remoueth the pricking about the heart and breſt.

The water of the hearbe drunke, amendeth the Iandiſe, cleanſeth the leprie and ſcabbes, and ſtaieth the ſtilling of the head. This ceaſſeth the paine of the head and burning of the eyes, applied with linnen clothes on the head or eyes, this in like maner handled, remoueth the ringing or ſound of the eares. The Bugloſſe floures, and hearbe, of each two great handfuls, to which added of Sinamon foure ounces, a little braſed before, theſe togither diſtilled in Balneo Mariæ do yeeld a moſt pretious water, for the comforting of the heart and braine, if the ſame in the dayly taking, be drunke with the confection of Manus Chriſti, made in tables with pearles.

What skill and ſecrets to be learned in the ſowing, remouing and ſetting of the Marigold. Chap. 9.

The Marigold named of the Herbarians Calendula, is ſo properly tearmed, for that in euerie Calends, and in each moneth this reneweth of the owne accord, and is found to beare floure, as well in Winter as Sommer, for which cauſe, the Italians name the ſame the floure of euery moneth: but ſome tearme it the ſunnes floure, or the follower of the ſunne, and is of ſome named the husbandmans Dyall, in that the ſame ſheweth to them, both the morning and euening tide. Other name it the ſunnes Bride, and ſunnes hearbe, in that the floures of the ſame followe the ſunne, as from the riſing by the South, vnto the Weſt, and by a notable turning obeying to the ſunne, in ſuch manner, that what part of heauen he poſſeſſeth, they into the ſame turned beholde, and that in a cloudie and thicke aire like directed, as if they ſhould be reuiued, quickened, and mooued, with the ſpirite of him. Such is the loue of it knowen to be, toward that royall Starre, being in the night time, for the deſire of him, as penſiue and ſadde, they bee ſhut or cloſed together, but at the noone time of the day fully ſpred abroad, as if they with ſpred armes longed, or diligently attended, to embrace their Bridegrome. This Marigold is a ſinguler kinde of hearbe, ſowen, in Gardens, as well for the pot, as for the decking

of

of garlandes, bewtifying of Nosegayes, and to be worne in the bosome.

The seedes of this floure, are commonly bestowed in a husbandly and well dressed earth, but this rather done by the counsell of the skilfull in the increase of the Moone, whereby the floures may grow the bigger and broader. But to procure the floures to grow the doubler, bigger, and broader, the owner ought to remoue the plants often, and to set them in new beds, lying in sunnie places, heerein considering at those times of remouing, that the Moone be increasing so nigh as you can.

Besides some will, that many seeds be put together into one hole, in the first quarter of the Moone, and to be sundrie times watered, in the first comming vp of them, vnlesse the moisture of the aire otherwise helpe.

These after certaine leaues sprung vp, if they be often remooued and clipped by due course of the Moone, yeeld a better, broader, and a fairer floure, and they yeeld alwaies more floures in the harueſt, than in the spring time.

The Phisicke benefites and helpes of the Marigold.

The iuice of the hearbe and roote applied vp in glister forme, recouereth in short time the palsie members. The floures and leaues dried, keepe vnto vse, for if a woman deliuered of childe, the after burden come not, kindle or burne this hearbe and floures dried with ware, and with the same make a smoke below, for this is a sure and laudable experiment, to bring them downe (the childe afore deliuered) as the learned Brumfelsius reporteth. For the paps of women swelled, through the stopping and stay of the reddes, minister the floures with Spikenard and Wine, in that the same ceaseth or asswageth, and prouoketh the monthly course.

The floures of the Marigold boyled and drunke, stayeth the flure of pissing bloud.

The iuice of the leaues wringed forth and dropped into the eares, killeth the wormes.

The rindes of the rootes dryed, brought into pouder, & applied on

foule ſores, doe heale them in ſhort time.

The rinde of the Marigold pierceth and digeſteth euill humours, which boiled in Wine and drinke, helpeth the ſtopping and other griefes of the Liuer.

The floures of the Marigold ſteeped in Wineger and ſalt, and reſerued, retaine their proper vertue for two yeares.

Theſe comfort the ſtomacke and procure an appetite to meat, yea they conſume the humours of the ſtomacke, and heate a cold breaſt.

The ſaid iuice of the floures mixed with a litle pure wineger warmed, and rubbed well on the teeth and gummes, is a ſoueraigne remedie for the allwaging of the grieuous paine of the teeth.

The iuice of the floures drunke vnto the quantitie of two ounces at a time, in the fit of the plague, ſhall ſpeedily be holpen, if the patient (after the drinking of the iuice) lying on bed, be wel couered with clothes, to ſweat throughly. The conſerue of the floures is a preparatiue againſt the plague. If ſeuen graines waight of the iuice of the floures be drunke with three ounces of white Wine, and repeated ſundrie mornings, it helpeth the quartaine.

The pouder of the rindes of the roots of the Marigold, mixed with the iuice of Fennell, Wine, and a little oyle, and boyled vnto a thickneſſe, to which a little wax added for the after making of it an ointment, and ſo applied on the Milt or cold ſtomacke, doth greatly profite.

The commended helps of the diſtilled water.

The worthie Hieronimus a moſt expert Herbarian reporteth, that the diſtilled water of the Marigold floures, drawen in Balneo Mariæ, do recouer all defaultes of the eyes, whether theſe proceed of heat, or through cold cauſed, and to procure cleare eyes, beſides the putting away of all griefes of the head.

VVhat skill, induſtrie and ſecrets is to be learned, in the ſowing and ordering of the Parſely. Chap. 10.

The Parſely in the beſtowing in the Earth, requireth ſmall labour and diligence, and loueth a ſtony and ſandie Earth, ſo

that the ſame néedeth ſmall fatning, whereby it may well agrée to be ſowen in ſhadowie places, nére to the hedge or herbour in the Garden, and this eſpecially requireth much watering, for the ſpéedier ſhooting vp. The olde Séedes, if wee may credite Theophraſtus, dw ſoner come vp, yea and the elder Séedes are better for the turne: the Plantes ſhotte vp doe endure a long time without ſowing anie more, in ſuch condition, that the owner or Gardener ſhall not néede to ſowe or ſet of the plantes againe for fiue yeares after. The Parſly when it hath growne a yeare, it ſendeth vp or beareth ſtalkes and Séedes, and a yellowiſh floure. The new Séedes of the Parſly committed to the earth, doe moſt ſlowly come vp in beddes, in that theſe not before the fortith, yea fiftith and ſixtith day after the ſowing, doe for the more part appeare, as the learned Plinie reporteth, yet this eaſe and commoditie enſueth, that once ſowen and come vp (as aboue vttered) it yearely encreaſeth of the owne accord, without renuing for many yeares. The Séedes as the worthy Neapolitane Rutilius witneſſeth, ioy in any earth, and as well in the colde as warme places, ſauing the Séedes in the firſt comming vp, require much moyſture, through which watering, they come ſo ſpédily ſtrong, that after no ayre nor ground hindereth them. Both the Séedes and plants (as Columella inſtructeth) may proſperouſly be beſtowed, to increaſe the ſpédier, nére to ſprings, and little running waters. If the owner or Gardener would haue the leaues grow very broad, then let him attend to the words of the worthy Bréke Florentinus, who willeth to take vp of Parſly Séedes at one time, as much as can handſomely be holden betwéene thre of the fingers, and theſe after the tying vp in a thin or well worne linnen cloath, to be ſet into a ſhallowe hole with dung, handſomely mixed in the earth, which on ſuch wiſe handled, will after come vp & grow, with ſo large a leafe, for the increaſe of all the Séeds will then be ioyned, and ſhot vp togither in one blade, as the worthy Rutilius hath noted, and before him the ſingular Columella. But the Parſly ſhall grow biggeſt, (as the worthy Florentinus reporteth) if the owner by digging about the rootes, beſtowe chaffe about them, and after the couering with light earth, doe water them well and often. The Parſly may the Gardener cauſe to growe criſped in leafe, if he thruſt and beſtow the Séedes a little before the ſowing in a ball ſtuffed with them, which broken ſomewhat with a

ſtaffe,

ſtaffe, and as they were ſpoiled, commit them (as Columella willeth) to the earth.

Or the gardener otherwiſe with leſſer paine may procure them to growe criſped, in what maner ſoeuer they be ſowen, if he turn on the bed and plants a round ſtone, or big roller, as ſone as the plants be somewhat growen vp aboue the earth: and the like may the owner doe with the plantes come vp, if he tread them often downe.

The beſt commended time, for the committing of ſeedes to the earth, is from the miſt of May, vnto the ſommer ſolſtice in June, in beds thick togither, and to be often watered, for that theſe ſpædier encreaſe and come forward, through the heate in the ſame ſeaſon. If the owner or Gardener would haue the ſædes ſooner breake and ſhoote vp, let him infuſe the ſeedes for a certain time in winger, which beſtowing in a well laboured earth, fill halfe the beds with aſhes of the Beane coddes. After the Seedes are thus ſowen, water them often and lightly with a ſmall quantitie of the beſt Aqua vitæ, and ſone after the ſprinckling and moiſtning of the beds, couer the beds ouer with ſome peece of woollen cloth, to the end the proper heate miniſtred, breathe not away, for by that meanes, the plants within one houre will begin to appeare, ſo that the owner muſt then take off the cloth, and ſprinckle or moiſten the plants appeared oftētimes, whereby they may the ſooner ſhoote vp in a high ſtem or blade, to the wonder of the beholders. To Florentinus, do Iunius Columella, Plinie, and Rutilius agree, that there are two kindes of the Parſly, as the Male and Female, ẏ Male (as they deſcribe it) hath blacker leaues, & ſhorter roote: but the Female poſſeſſeth criſpeder leaues, and hard, a big ſtem, in taſt ſoure & hot: but neither of theſe two doth Dionyſius and Chriſippus ẏ phiſition, allow to be eatē with meat, as Plinie writeth: Although the ſame much vſed in Plinies time, as at this day, both in broths & ſauces, for a better delight and appetite. They report ẏ by the often eating of the Female blades, wormes engender in the body, and ẏ the female eaten, doth procure the woman baren, as ẏ male ẏ man. And further, ẏ parſly eaten of a woman with child, doth cauſe ẏ births to haue the falling ſickneſs, yet they affirm the male to harme leſſe, ſo ẏ for the ſame it was not altogither miſliked nor condemned of ẏ antient, among the wicked fruits. Therfore it is not to be maruelled at, if ẏ late phiſitiōs do aduiſe & warn perſons, hauing ẏ falling ſickneſs,

and women with child, not to eat the Parsly: To these, the Grecks forbad Nourses, and women with childe the eating of Parsely with meate, although an other occasion may also insue of the same, that it may hinder womens milke Springs, and extinguish the comming of milk, besides that, this procureth the eaters of it, vnto ỹ venerial act.

Certaine report, that the sicke fishes in Ponds, are mightily recouered and made lustie, through the Parsely laid in them.

There is nothing that doth like sweeten the mouth, as the fresh & greene Parsly eaten, so that the hearb often eaten of them which haue an vnsauerie or stinking breath, and sendeth forth an odious smell to be abhorred, doth in short time maruellously recouer and amend the same: A matter verie commendable and necessarie, both for maydens & widows, to deceiue their wooers, by the chowing & bearing about of the greene and fresh blades, whereby they may so remoue for the present the strong smell of the breath, yawning or otherwise issuing forth, and by the customable eating, send forth a sweeter breath.

Sundrie in times past, preserued the blades of Parsly in a pickel, vnto vse, which receiued or conteined two partes of Vineger, and a third part of Wine.

The Phisicke benefites and helpes of the Parsly.

The garden Parsly is hote in the beginning of the third degree, and drie in the second, or it heateth and drieth by nature in the second and thirde degree. The iuice of Parsly, Turpentine, Wheaten Meale, and the oyle of Roses, artly mixed and boyled togither with a litle quantitie of Sarcocolla, of which by art, an abstersiue or clenser made, doth most perfitly clense and incarnate the vlcers of Carbuncles, and other impostumes. The parsly boyled with leaues of Colewort and Melilote, of which a plaister made with Otemeale, oile of Camomile, Dill and Oyle of Roses, and applied, doth maruellously resolue the impostumes of the pappes, caused through the ranckling of milke staied backe, part by drying vp the milke, and part by purging the same.

The Parsly eaten either raw or sodden, doth amend the stopping of the Liuer, prouoke Vrine, staieth loosenesse of the belly, and hath a propertie in strengthning of lose partes.

The Parsely also hath the nature of piercing, for which cause it moueth

moueth Vrine, and very much preuaileth against the stone, as well the seede, as roote.

The Greeke Florentinus writeth in his husbandrie, that the Parsely with crums of bread, applyed in the stead of plaister, doth heale the shingles, but the decoction of the same drunke, to breake the stone, and the like to performe by applying outwardly.

To these, for such hardly making water and diseased in the kidnies to helpe aswell by the leafe, as by the roote.

The blacke spots to restore to the proper colour, if the decoction of the seedes be applied vpon, and to soften the hardnesse of the paps, by applying the leaues bruised on them.

Plinie writeth, that the bruised seedes annointed with the whits of an Egge, or the seede boyled in water and drunke, to amend and helpe the kidnies, and bruised in cold water, to profite and remoue the vlcers of the mouth, this also with olde Vine ministred, to breake the stone in the bladder, which like doth the roote performe.

This profiteth giuen for the Iaundise in white Wine, and to such women whose monthly courses doe not onely proceede, or bee staied,

This is worthie to be noted, that the raw Parsely yeeldeth sweeter waters in the drinking, as the worthie Plinie hath noted, and to the mouth (as Galen writeth) the same pleasant and very delectable to the stomacke.

The seede taken in meate, doth expel winde in the bodie, the same bruised and applied on a foule scabbe, doth very well cleanse, and procureth a faire skinne.

The seedes eaten, doth remoue the swelling of the stomacke, and profiteth the dropsie men, in that the seedes are drie and pierce euill humours, and consume them.

The Parsely profiteth those persons, which haue gotten the Leprie of Fleumatick humours. It cleanseth the Liuer, and remoueth the paines of the Loines and Bladder.

A sauce prepared of the Parsely, with Sorrell and Vineger mired togither, and eaten, preuaileth against the burning of a Feuer.

If after the drying of the Parsely Rootes, and beaten finely to

pouder the ſame, be mixed and drunke with the pureſt wine, doth not onely procure a ſound braine, and perfite memorie, but purgeth the bloud.

The ſeedes (after the agreement of the beſt writers) are principal in the cauſes of phiſicke, the rootes next to them, and the leaues as third in working.

The rootes, hearbe and ſeedes of the Parſly, applied in meat and drinke, doe procure vrine, remoone the ſtone of the Loines drawe down the reddes, diſſolue winde in the bodie, take away the griping of the belly, aſwage the ſtrangurie, paine of the backe, griefe of the kidnies and bladder, and ſwelling of the ſtomacke.

The perſon bitten of a mad dogge, by boyling and drinking the decoction of Parſly, and applying a plaiſter made of the ſeedes and hearbe ſhall be ſpedely holpen.

The phiſicke helps of the diſtilled water of Parſly.

The commended time of the diſtilling of Parſly is in the beginning of September, and that the freſh rootes and hearbe, with the whole ſubſtance be diſtilled togither in Balneo Mariæ.

The water of the Parſely drunke vnto the quantitie of three or foure ounces at a time, morning and euening, for thirtie or fortie dayes togither, profiteth againſt the ſtone of the kidnies and loynes, purgeth the kidnies and bladder, and greatly moueth forward the vrine.

The water drunke in the ſame maner, helpeth diſgeſtion, procureth an appetite to meate, purgeth the liuer, eaſeth the ſtrangurie, and wherſoeuer this water is annointed on the head or bodie, haires do ſoone after ſhed.

What

What skill and diligence required, in the sowing and ordering both of the Garden and wilde running time. Chap. 11.

The garden time, although it seeme better to agree, to be placed nigh to Bée-hiues (for the commoditie of honny) then in gardens, yet our purpose is heere, somewhat to write of the same, in that this is so carefully bestowed in Gardens, as well for the commoditie of meates, as for the decking of Garlands. There are found to be two kindes of it, the one white with a woodie or hard roote, growing on litle hilles, which is accounted the worthiest.

The other as well in kinde, as floure blacke, which Aetius (in meates) disalloweth, for the same inwardly receiued lightly putrifieth, and increaseth cholericke humours.

The time of the garden growing bushie, and full of slips, is séene to shoote by two handfuls high, being most sweete and delectable of sauour, and decked with a number of small leaues, bearing also purple floures, tending to a whitenesse, and the tops after the forme of Antes bending in bodie. The garden time better commeth forward, being bestowed in a leane and stonie ground: for which cause, it neither desireth a fat nor dunged earth, but ioyeth to be placed in a sunnie and open place. This well enough prospereth, being bestowed in beds, either in séed or plant, but this spédier commeth forward being only set, yea this increaseth, being set againe with the floures bearing, as the singuler Theophrastus witnesseth. The owners of hiues haue a perfit foresight and knowledge, what the increase or yéld of honny will be euery yeare, by the plentifull or small number of floures growing and appearing on the time about the sommer solstice. For this increaseth and yeeldeth most friendly floures for the Bées, which render a colour and sauour to the honny.

The said Theophrastus writeth, that the floure of time spread abroad, is destroyed and dieth, if a bigge shoure of raine happen to fall.

The worthy Neapolitane Rutilius in his husbandrie instructeth, that the whole plant is to be rather set than sowne, about the middle of Aprill in a well laboured earth, lying open to the sunne, and that the same may prosper and come the spedier forward.

Ye

He willeth the owner to water the plants oftime, or to moiſten them all a day with water finely ſprinckled on the beds, in that the time ſo faſt drinketh in. If the owner or Gardener would poſſeſſe the ſædes, he muſt diligently gather the floures (in which the ſædes are contained) and not labour to ſeperate the one from the other.

The running time ioyeth to be ſet or ſowne neare to ſprings of water, as by a Well, or Pond, for on ſuch wiſe beſtowed in the earth, the ſame yéeldeth the fairer leaues. This neither requireth a fat nor dunged earth, but onely to be beſtowed in a ſunnie place, and ioyeth in the often remouing. The running time doth many times procéede or come of the Baſill, rudely or without care beſtowed in the earth.

The Phiſicke helps of the Garden and running Time.

The garden time heateth and drieth in the third degrée.

The time after the well drying, brought to fine powder, and giuen vnto the quantitie of foure drammes at a time, with a draught of Oximel (or vineger and hony boyled togither) not onely remoueth the ioynt ſickneſſe and ach of partes, but purgeth the Choler, and all other humours. The like quantitie giuen, helpeth the paſſions of the bladder.

The fine pouder of time, miniſtred vnto the quantitie of one dramme at a time, with a ſponefull of water and honny well mixed together, preuaileth in ſhort time, againſt the ſwelling of the belly.

The pouder taken, vnto the quantitie of thrée drammes at a time, with a draught of Mellicrate, remoueth the griefe of the hips, aſwageth the paine of the loynes and ſides, amendeth the breaſt, and the inflammations of Hypochondria or the flanckes.

The pouder giuen, vnto the quantitie of thrée drammes at a time, with a draught of Oximel faſting, doth maruellouſly helpe the Melancholike, the troubled in minde, and fearefull.

The pouder miniſtred vnto the quantitie of thrée drammes at a time, with the beſt white wine, both morning and euening, doth maruellouſly cure the blæredneſſe of the eies, and the vehement pain of them.

This

This pouder in like quantitie vsed with good wine, asswageth the griefe of the cold Gout and the deadnesse of moving, and helpeth the stiffnesse of limmes, drunk morning and euening.

The pouder drunk morning and euening, vnto the quantitie of three drammes at a time, with a draught of Oximel, doth in short time asswage the swelling of the Testicles: these hitherto Actius

The pouder drunk with white wine, morning and euening, vnto the quantitie of halfe an ownce at a time, not only moueth vrine, and purgeth the bowels, but sendeth downe the after burden, and termes in women.

The forme of a Sirupe made of the Time with pure Hony, artly boyled, and drunk fasting, doth in short time amend the harde fetching of breath, and remoueth all other griefes of the breast, through the spilling forth of the corrupt matter.

The pouder is thought to helpe greatly the clearenes of sight, being sundrie times taken with meat: but the Time ought moderatly to be vsed, in that (through the often eating) it mightely heateth.

The time giuen in such hauing the falling sicknes, greatly auayleth, in that through the smelling to it (in the time of the fit) they are much reuiued, but such ought to sleepe for a while on the soft bedde, of Time.

The leaues finely beaten and strewed on woll, and with Oyle applied on lose partes of the bodie, mightilie preuaileth, and on burnt or scalded places, to great purpose annoynted with Barrows grease.

Here conceiue, that the Time which is blacke (as afore vttered) is altogither to be refused, and only to vse the same bearing a purple floure, and tending to a whitenesse, is best commended for al purposes.

The running Time sowen in Gardens, is by nature hotte and dry, and this so much heateth, that it both moueth vrine and the reds, yet the same is lower in taste, as the worthie Phisition Galen witnesseth.

If any drink the fine pouder of the running Time with pleasant wine, morning and euening for a certaine time togither, doth breake the stone of the kidneys and bladder. The herbe laide on the sting of

a Bée ſpédely helpeth it.

The herbe boyled in pleaſant wine and dꝛunke, healeth the bit of an Adder oꝛ Snake, the ſmoke of the ſame, dꝛiueth away venemous wormes. This herbe boyled with vineger and hony, and dꝛunke vnto the quatitie of a dꝛaught at a time, pꝛofiteth the ſpitting of blod: the iuice of the hearbe dꝛunke, perfoꝛmeth the ſame, beeing mixed with vineger, & dꝛunk vnto the quantitie of foure ounces at a time.

The herbe ſtayeth the Reume and ſtillings of the head, comming of a cold cauſe, it likewiſe amendeth the cough and cold ſtomacke, if the ſame be taken moꝛning and euening, with god white wine.

The herbe ſtéped in Roſe vineger, and bꝛuſed, being with the oile of Roſes diligently fried and annointed, doeth ſpédely remoue the headache. The ſame oyntment applied on the heade, amendeth Frenſineſſe and the Letharge oꝛ often ſlumbering.

The hearbe boyled in wine and dꝛunke, openeth the ſtoppings of the Liuer and Milte, and moueth vꝛine: this dꝛunke in wine, ſendeth downe the termes, and cauſeth vꝛine, and recouereth the bite of venemous beaſts. The ſame boyled in wine and Oyle, aſſwageth the ſwelling in the thꝛote, if the thꝛote be daily applied with it.

The hearbe boyled in wine, with the iuice of Licoꝛas, recouereth the cough, and purgeth the bꝛeaſt: the iuice of the ſame dꝛunk with vineger, vnto the quantitie of two dꝛammes at a time, ſtaieth the bloudie vomitings.

The hearbe boiled with Annis ſéedes in wine, not only heateth the ſtomack, but remoueth winde in the bowels, & eaſeth the ſtrangurie. The ſéede in wine, doeth greatly moue vꝛine, and expelleth mightily the ſtone.

The

The worthie helpes of the diſtilled water of the running Tyme.

THe hearbe, ſtalke, and roote, with the whole ſubſtance ſhredde, ought to be diſtilled in Balneo Mariæ, about the ende of the moneth of Iune.

The water of the running time, drunke morning and euening vnto the quantitie of three ounces at a time, doeth not only ſtrengthen and amend the head, braine, and ſtomack, but procureth an appetite to meate, remoueth the noyſe or rumbling of the bellie, ſoftneth the hardneſſe of the ſtomack, and moueth forward the vrine.

In the like maner, it drunk, not only comforteth the ſight, and conſumeth humoures and the deſtillations of the heade, but mixed with the water of wormewood, and drunke, helpeth a Quotidian Ague. The ſame drunk to the quantitie of three ounces at a time, amendeth a cold Liuer and Milt, and recouereth or healeth the bowelles exulcerated.

This in like order drunke, openeth the ſtopping of the Noſethrils and eares, reſtoreth hearing, helpeth giddineſſe, ſtayeth the deſire to vomit, and expelleth the griping of the bellie and bowels.

This drunke ſundry times, both morning and euening breaketh the ſtone, and moueth vrine. This water applied with a linnen cloth on bruſed members, doeth in ſhort time cure them.

What skill and diligence is required in the ſowing and ordering both the Mints and Hollihocke. Chap. 12.

THe Garden Mint deſireth to be beſtowed, neither in a dunged nor fat earth, but rather in an open, and Sunny place: yet this beſt ioyeth in a moiſt place, or by ſome well. And where the like is not, the Mint in that ground ought to be often watered in the firſt beſtowing in the earth, or this other wiſe in ſhorte time withereth and dieth.

The Minte ought to be set in the rote or whole stemme, in Haruest or in the spring time. The owner or Gardener lacking or not hauing the Minte sedes to sowe, may in stede of them, bee or beslow in his ground, the sedes of the field or wilde Mintes, in setting the sharper endes of the sedes downeward, thereby to tame and put away the wildnesse of them This plant well growen vp, needeth not after to be renued or sowen euery yere, in that once sowen or planted, it after commeth vp yearly of the own accord, and for the delectable sauour which it enioyeth, much desired and vsed, both in broths and Sallets.

But this plant after comming vp, may in no case bee touched with any Iron instrument, in that the same sone after dyeth. This plant flourishing in the Summer, becommeth yelowish in the Winter time.

The Holihock or greater Mallowes of the Garden, as Ruellius out of the learned Theophrastus affirmeth, doth often shote vp into the forme of a tree, and wareth so great, that the stemmes or bodie of it may serue to the vse of a staffe, which sendeth forth big stalks and leaues both large and round.

The floure of this plant for the proper time flourishing, is named the Winter Rose, in that this plant yeldeth floures like to the Rose, from the begining of Haruest, vnto the winter time, which floures both of the redde and white, lesser than the fading or banishing Rose, longer endure and enioy forte.

This Rose of the auncient Grekes was named Moloke in that the leaues (Colomella reporteth) turne about with the Sun, which at none time of the day are fully opened. The auntient Romanes did also name it the sowne or Garden Malows. The common people in time past greatly pleased with the beauty of the same named it the beyond sea Rose. For in comlines, neither of them giueth place to the Rose, which if the same ioyned a sauour, it were not inferiour to the Rose, seing in colour they be equal in bearing of the red carnation and white, so that in sauour the Rose only excelleth.

This for the worthie comelinesse and beautie, to bee set in windowes, is at this day diligently sowen and set in Gardens.

The worthie Rutilius (in his treatise of ỹ Garden) instructeth, that the

the ſædes to be committed to the earth, ought rather to be beſtowed about the middle of Aprill, in a well dunged and fat ground, and to be often watered, vntill the plants be well ſprung vp.

The ſkilfull Columella in his huſbandrie vttereth, that this rather ioyeth to be beſtowed in a fat earth, well turned in with dung, and that moiſt dung be laide about the rootes of the young plantes, in the ſetting againe, which the laide Authour willeth to remoue, after foure leaues are well ſhot vp aboue the earth.

This learned Columella writing of the Holyhoke, reporteth that the floure (as the Marigold)) openeth at the riſing of the ſunne, full ſpred at the Noone time, and cloſeth againe at the going downe of the Sunne.

The Phiſicke benefits and helps both of the Mint, and Garden Malowes or holyhooke

THe Garden Mint is reported to be hote and dry in the ſecond degrée, and this in medicine oftner vſed dry than greene.

The worthie Florentinus a ſinguler profeſſor of the Græke inſtruction of huſbandrie, writeth, that the Mint for the ſame, might well be accounted an vnprofitable hearbe, ſeeing the hearbe applyed on a wond, defendeth the ſame from waxing whole, and to come to a ſkarre.

If the Mint be put into milke, it neither ſuffereth the ſame to courd, nor to become thicke, inſomuch, that laide into courded milke, this would bring the ſame thinne againe, ſo that by the ſame vertue and propertie, he ſaith to reſiſt and abate the generation, as well in man as woman: but others in a contrary mind defending the hearbe, accounted it very holeſome and beneficiall to man.

If the hearbe boyled in wine and oyle, be applyed on the paps of the new milch woman, it doth not after ſuffer the milke to courd, nor to be thicke, and the milke courded, to become thin againe, whereby it amendeth the hard and ranckled breaſts, in daunger to breake, through ỹ milke courded. For which cauſe, this hearbe is wittily added in the portions of milke, that in the courding of the milke within the ſtomacke, no peril of ſtrangling through the benefit of this hearbe might enſue.

The iuice or water of the hearbe, drunke with the iuice of the Pomegranat, stayeth the resting or belching of the stomacke, and vomiting, as the worthie Democritus in his husbandrie hath noted.

The Mint brought to fine powder, and ministred in milke, profiteth against long wormes in the bodie.

If the swollen priuities be often soupled with the decoction of the same, it doth in short time remoue the swelling of them.

This drunke in water with Amylum, aswageth the force of the painefull flixe of the bellie, and scouring with bloud: besides, it stayeth the ouer great course and shew of the reddes in women, and the same healeth vlcers, on the infants heades.

The sauour of this quickeneth the spirites and mind, and the taste worketh an appetite, and earnest desire to meate.

The iuice of the fresh hearbe drawne vp, amendeth the default in the Nosethrils, which also in the paine in the head, and beating of the temples, is profitably annointed.

The iuice of the hearbe applyed with vineger, retaineth and stayeth the inward courses of Flixes of bloud.

The Mint after the brusing with the oyle of Roses, applyed in plaister forme on hard paps, which be swollen through the milke, doth not only soften, but defendeth them from mattering.

The hearbe eaten with vineger, looseth the bellie, but daily eaten for a time together, doth marueilously procure a seemely colour to that creature, and this hearbe at any time vsed, is very profitable and holesome.

The iuice drunke with vineger, profiteth the spitting forth of bloud, the same annointed on the forehead, doth aswage the griefes of the head: the iuice with hony and water applyed, remoueth the paine and noyse of ringing of the eares. The iuice tempered with hony and annointed on the eyes, remoueth the moistnes and dimnes of sight.

The Mint after the boyling in wine receiued, amendeth a stinking or strong sauour of the mouth: the mouth after the adding of vineger to it washed diligently, not onely helpeth the teeth, but purgeth the mattered gums: If the teeth in like manner be washed fasting with decoction of Mint, it letteth the mattering of the gums. The decoction in wine, with a little vineger added, remoueth (through the sun-

drie

dry times taking) the blistring of the tongue, procéding of heate. The hearbe also tempered with vineger and annointed neare and about the eyes, doth in short time remoue the spots in them.

The Mint in cold sicknesses, yéeldeth a mightie comforting, reioyceth the mind, and stayeth the will to vomit. The iuice after the mixing with vineger and brimstone, annointed with a feather on the Shingles doth with expedition cease the paine.

The hearbe boiled in wine, aswageth the paine of the bowels and Kidneyes, and boyled in wine with oyle, being applyed in plaister forme, doth both dissolue and cure impostumes.

The Phisicke benefits of the Holyhoke, do here ensue.

The Malowes of the garden or holyhoke, is the like moist by nature, as the other kindes of Malowes, and serueth as well to out warde, as inward griefes.

The hearbe, rote, or sædes, boyled either in milke or wine, and orderly drunke, do remoue a hote cough, recouer the Lungs blistered, and is a singuler remedy against the consumption of the Lunges.

The holyhoke, boyled either in water or wine, and tempered with hony and alume, if the same decoction be gargaled and holden for a time in the mouth, doth spædely cure the blisters and putrified sores of the mouth and throate.

The leaues of the holyhoke, after the boyling with meate, eaten with Sallet oyle and a little Salt, loseth the bellie and amendeth the hoarsenesse of voice: the rote and hearbe boyled vnto the consumption in a maner of the water, will leaue a clammines aboue, which applied on any impostume, ripeneth and softeneth the hardenes of the same.

The commended helpes of the distilled water of the Holihoke.

The distilled water of the holyhoke Roses (in Balneo Mariæ) gargelled, or applyed without with linnen clothes, is greatly commended for the breakings out of the mouth, and profiteth as well against the out warde as in warde heates: besides, cureth the Shingles and vlcers of the throte, and all other swellinges.

The saide water often drunke, is a precious water vnto all inward heats of Feuers, in ỳ the same coleth & softneth all impostumes of ỳ

Lunges

Lungs and sides. It healeth and mitigateth the perilous flire Dissenteria, the hote swellinges of womens places, the Kidneyes and bladder.

This aswageth the paine of the bladder, expelleth the stone, purgeth the Kidneyes and bladder, being dronke for a time morning and euening.

The water applyed on the temples in a hote Feuer, procureth sleepe if the fete of the patient in a hote Feuer be bathed with it, procureth rest, and ceaseth thirst.

The commended benefits of the distilled water of Mints.

The herbe with the stalks finely shred, ought diligently be distilled in Balneo Mariæ about the Mide of May.

The water dronke morning and euening vnto the quantitie of three ounces, at a time, strengtheneth the stomacke, and disgesteth the meate receyued. The water dronke in the same maner, profiteth against the stopping of the Liuer and Milt. It openeth also the waies of drine, as the Kidneyes and bladder.

The water in like maner dronke, procureth an appetite to meate, stayeth belching and vomiting, the like doth this applyed without on the stomacke. The mouth often washed with the same, recouereth a stinking breath, and putride gummes.

The water dronke stayeth sounding, and giddinesse of the head. If any taking a slice of Barley bread, and steeping it in this water, tempered with wine or vineger, shal apply the same warme to the Nosethrils, the sauour incontinent yeeldeth a maruelous refreshing and strengthning of the feeble person.

The water in like quantitie dronke, purgeth the Matrice, and a linnen cloth wet in it warme, and applied to the prinie place, like preuaileth. The water applied on hard pappes, dissolueth the milke courded in them, the same for a time dronke, healeth the ruptures within, both of olde and yong persons. The water after the mixing with Rue and the Coliander, gargelled in the mouth, restoreth the Vuula fallen. If of the hearbe steeped in Lie, be washed on the scabbes of children, it helpeth them spedely.

This

This like drunke, profiteth against wormes, drunke with wine comforteth and heateth a colde stomacke.

What care and skill is required in the sowing and workmanly ordering of the Artochoke. Chap. 13.

THe Herbarians write the Artochoke to be a kinde of Thistle, of them named, the Thistle of the Garden.

The Artochoke which before grew wilde in the fieldes, came by diligence (for the benefite of sale) to be carefully bestowed in the Garden, where through trauell, brought from his wildenesse, to serue vnto the vse of the mouth and belly. The Artochoke growing with thicke scaly eares, in forme to the pine-aple, and sufficiently knowen to most persons, loyeth in a loose and dunged earth, yet the same better commeth forward, being bestowed in a fatte ground, and by that meanes defended from Moles, as the worthie Rutilius reporteth, but sowne in a fast earth after their growth, be not so lightly digged vp of an enemie. The said Rutilius willeth the Seedes of the Artochoke, to be committed to the Earth in the moneth of March, the Moone then increasing of light, and that in beddes well dunged, and workmanly prepared. which bestow in the earth halfe a foote asunder, yet these not deepe put, and in such maner deale with the Seedes, that taking so many vp, as you may handsomely with three fingers thrust or set those vnto the middle ioynts in the earth, couering them lightly with loose Earth, which if hote weather happen to ensue, the Gardener with diligence must water the plantes for a time, for the plantes so handled, will yeeld a tenderer fruite and fuller head, as the worthie Varro reporteth, yet may not the owner hope or looke for fruites or heades to come to their full growth and perfitnesse for the eating in the first yeare. If the Gardener would bestow Seedes to profite, hee ought to make little furrowes on the bedde, well a foote distant one from the other, being in bredth and deepenesse of halfe a foote, which after fill with old dung finely broken, and blacke earth in like manner small, in which so handled, bestow the Seedes to the depth of the middle ioyntes, and after couer them lightly with fine Earth, not pressing or treading it downe. And as soone as the plants

haue yeelded forth leaues sufficient great, the owner ought to water them often, and to continue the like watering in a ground very drie vntill the hearbes yéeld or send forth heads both tender and sufficient big. when the plants shalbe well growne vp, the Gardener must cl ense and rurge dayly dhe beds of weedes & dung all about the rootes of the plantes (if he will credit Columella) store of ashes, for this kind of dung the sayd authour reporteth to be most apt and agreable to that pot-hearbe, of which by the kinde of the dung, this hearbe taketh the Latine name.

The owner or Gardener must haue a speciall care, that he bestow not the seedes in the earth with the contrary ends downeward, for these will bring forth Artechockes crooked, weake and very small, if we may credit the Neapolitane Rutilius. If the owner would haue the hearb yéeld heads or Artochokes without prickles, he must (after the instructions of the Grecke writers of husbandrie) either breake the sharpe ends of the seedes, or make blunt the prickes, (before the bestowing in the earth) on some stone rubbed, which also many affirme to come to passe, if the Gardener paring off the rinde of the Lettuce roote, & shreading or cutting ẏ same into many small péeces doth after the bestowing of ẏ séedes into ech péece, diligently set these a foote distance asunder, will after yéeld heads the like.

The Gardener shall possesse Artochocks of pleasaunt sauour, if he lay the seedes to stiepe for thrée dayes before the sowing in the iuice of the Rose, or Lilly, or oyle of bays, made with the swéete Almonds, or in any other pleasant iuice or lycour, which after ẏ drying in the aire from the Sun-beames, he comitteth them to ẏ earth, for on such wise handled, the fruites yéeld the same sauour as the licour in which the séedes were soked and receiued. For by a like example, the heades shall sauour of the bay, if the owner stiepe them with the leaues of the Bay trée, or he otherwise making holes bestowe the séedes within the Bayberries, before the committing to the earth: and a like practise may he exercise in all seedes that be great.

The fruites of the hearb named ẏ Artochoke (will become swéete & delectable in ẏ eating if ẏ owner (before the committing of the séeds to the earth) do stiepe them two or thrée dayes, either in new milke, honey, sugred water or wine aromatized, & after the drying in ẏ ayre doth then bestow them in beds a foot distance one from the other: the

Artochoks be set in harueſt, which is about the moneth of October, that theſe may yeild plentie of fruits or heads, ought to be thoſe bearing big leaues and ſtalks, with big ſtems growne or ſhot vp in the middes: which big leaues after ſerue to none other purpoſe but to be broken from the bodies, and the plants to be beſtowed againe in beds, with ſtems in like maner cut off and caſt away, as ſeruing to no vſe, well turned in with dung: theſe ſet in ſuch maner that ẏ tender leaues grow vpright, and the ſtemmed in the middle being low broken off, to be diligently couered with light earth. And herein the Gardener muſt haue a care to the watering of them, at times needefull, if the ſeaſons ſufficiently moyſt not, either in the winter, or in any other time of the yeare, to ſet forward or procure ſpeedily the Artochoks to come: and ſet againe the tender plants in well dunged beds, couering them well about with Aſhes and blacke earth the better to beare and ſuffer the cold Winter time, which in the yeare following, will yeilde new fruits.

Many skilfull Authors write, that if the leaues of ẏ Artochok be well couered in the ground about ẏ beginning of Winter, they will after become not only white, but pleaſanter in the eating, whereby to ſerue among the Winter meates.

Here I think it profitable to the owner to know, that ẏ big leaues or branches ought yearely to be broken off, from the olde ſtems or bodies, leaſt the elder in their yeilde might be hindred, and ẏ yonger plants in farther diſtances ſet, that theſe may proſper & ſend forth their fruits the better, for ſuch is the fruitfull and plentifull yeilde of this plant, that ẏ branches or great leaues broken off from the tender ſtems, and ſet againe in the earth, will after cleaue & ioyne together, as certaine report, and oftentimes to yelde in the ſame yeare, both the ſtem and outward roughnes with pricks on it. The skilfull writers of the Greeke husbandrie will, that the owner or Gardener in the opening & digging away of the earth, to cut them vp with a ſharp hooke, leauing ſome part of the roote in ẏ earth, which ſo pulled vp, and annoynting the roote with ſoft dung, ſet againe in a well laboured ground, turned in with olde dung well thẽ roote a ſunder, and often water them, when the drie ſeaſon commeth, vntill the plants ſhall be ſufficently ſtrengthened in the earth.

Thoſe which the Gardener mindeth to let run or grow vnto ſeede,

such shall be seperate from al the yong plants, as Palladius willeth, and couer the heades eyther with a thinne Potshard, or Barks of a tree, in that the seedes are commonly woont to be corrupted through the Sunne or showrs of raine, and by that meanes these to perishe and come to no vse, which if the Seedes be eyther burnt with the Sunne, or putrified with the moisture of showres, will after yeeld to the Gardener no commoditie in the bestowing in the earth.

The owner or Gardener may not gather the fruites of the Artschokes all at one time, forasmuch as the heades ripen not together, but one after the other, so that the owner ought then to gather the fruites, when as these onely haue flowres below in forme of a garland, not before that time, wherefore if the Gardener doe stay until all the flowres be shedde, the fruites will be the worser, and lesser delectable in the eating.

The Gardener must carefully looke vnto, that the Spyce haunt not to the rootes of the Artschokes, for once allured through the pleasaunt taste of them, they after resort in great number from farre places, to the meruellous spoyle of the rootes, as the Greeke Varro in his worthie instructions of husbandrie hath diligently noted, yet not leauing the same without a helpe and remedie: for he reporteth, that the sharpe assault and enterprise of them is withstanded and driuen away, if the Gardener either lappe Mooll about the rootes, or Swines dung, or bestowe the Figge-tree ashes in the like manner about them.

The Moles in like manner doe marueilously harme, and be iniurious to the rootes, insomuch that through their often calling, and hollowing of the ground, the hollow plantes are procured to fall or leane through feeblenesse in the earth, for remedie of which annoyance, the Gardener may eyther bring vp and learne a younge Catte, or tame a Weasill to hunt dayly in those places.

There be which sette the plantes of the Artschoke, in a fast and drie ground, to the end the Moles should not so lightly in their working, ouerthrow them.

The owner which would vnderstand, and know other helps let him resorte vnto those experimentes, which we haue vttered in the first part.

The

The Phisicke benefits and helpes of the Artochoke.

The Artochoke eaten græne or rawe with vineger reformeth the sauour of the mouth the Eared and scaly kernels cleuing or sticking round about the head, being tenderly boyled (after the maner of the Sperage) from which after the licoure powred, the Eares againe boyled with Butter, and seasoned with vineger, and salte, do yeelde a delectable sauce with meate right profitable.

There be some, which rather eate the Eares rawe than sodden, being afore prepared with Salte and the fine ponder of pepper or Coliander sædes strawed vpon, for by that meanes (as they affirme) is the naturall sweetnesse of them more kindly and delectably represented and felt.

Certaine reporte, that the Eares steeped onely in Wine, to cause vrine and moue the venerial act, as the worthie Hesiodus reporteth, which (as Ruellius hath noted) at the bearing of the floure, the Grashoppers then doe to wdest sing, and women greediest to the venerial act, but men at the same time slowest.

The rote (after cleane scraping and keeping forth of the Pyth) boyled in Wine, and drunke, not only amendeth the hardnesse of making water, but the rancke sauour and stinking smel of the armeholes, which Xenocrates affirmeth, of experience, to send forth, on such wise the stinke of the vrine, caused by the heate of the smal pockes, or any other occasion.

The Artochoke tenderly boyled and eaten, is sayd to strengthen the stomacke, and helpe somewhat the priuie places, that men children may be cõceiued, as the Athenian Cherias, & Glaucias affirme.

The worthie Galen reporteth, the meate of the Artochoke to be of an euill nourishment, and incommodious to the stomacke, especially when the same shall bee hard at the first yeelding of the floure, for then the Eares possesse a great quantitie of Tholericke iuice in them, which for the same, ought rather to be eaten boyled, than rawe: yet some be of this minde, that the yonger heades, tender and full of iuice, being prepared (as afore taught) may with the more delight and lesser harme be eaten

What skill and diligence is to be learned in sowing, and workmanly ordering, both of Endiue and Succorie.
Chap. 14.

THe Endiue, otherwise named the Succorie or soure Lettuce, serueth rather for the vse of medicine, than for other purposes, so that by a trauell caused to grow acceptable in the Garden, forasmuch as this of it selfe, by nature, is euermore soure, although it be a kinde of the Lettuce which bought often to be removed and changed into sundrie places, that the nature of it may on such wise be altered, with lesser trauaile to the Gardener.

The Endiue thus bestowed in Beddes, may well abide the colde season of winter, wherefore in cold Countries, this better agreeth to be sowen neare the end of Haruest, and well growne vp, to be removed and layde againe in the earth, that these in the lying, may on such wise become white, if so be (before the couering) the Beardes be strewed ouer with riuer sand, and often watered (if not holpen by showers of raine) which then couer with light earth, letting these so rest, vntill by a diligence in the watering, they become sufficiently white for Sallets or other purposes: the yoong plants of the Endiue are not to be removed, before that foure leaues bee sufficiently sprong vp, and these cut at the endes of the rootes, aswell as the toppes of the leaues, with soft Cow-dung annointed about ỳ rootes, before the bestowing in the earth, which lightly covered, water so long, vntill the plants be sufficiently strong in the Earth.

The Succory is of the nature of the Endiue, which in like maner retaineth the proper bitternesse, being not like remoued and ordered as the Endiue: this desireth moist ground and the earth, to be well laboured, when foure leaues be come vp: the plants after the removing, ought againe to bee set in a well dunged earth, and that these may yeld faire, large and long leaues, let the owner, after the leaues be somewhat more shot vp, or on the middle of them lay a parte of a Tilestone, for by the waight of the same will the leaues spreade out, and inioy more tuftes or grow thicker. By this workmanly ordering, will the bitternesse of the leaues be removed, and they aptly serue in the winter time for the vse of the Sallets, if so be

be the plants be set againe in the end of August, or rather in the beginning of September, when the leaues are shot vp big, & in pulling vp, the earth not knocked of the rootes but with soft Cow-dung the rootes gently annoynted about, and bestowed after in beds well turned in with dung.

The leaues laide along in well dunged Beddes (to be white) couer so ouer with lose earth that the rootes may lye vpward, & ouer them, lying a long in the earth, make some couerture in the forme of a herboring place, or rather strew vppon them the chaffe of corne, for the better defence of the cold and bitter windes.

Certaine report that the like may be purchased, if the owner after certaine leaues of the Syccory shotte vp, bindeth together with a browne thread, and couereth them after with a pot of earth, to the ende that those may dayly drawe by the rootes a nourishment from the earth, which by the same meanes, shall purchase both a whitenesse and tendernesse, and loose a great part of the proper sourenesse.

The Phisick helpes both of the Endyue and Syccorye.

THe Endiue which by another name is termed the wilde Lettuce, is reported to be cold and drie in the second degree, and of this, only the leaues and séede serue to the vse of Phisicke, yet are the leaues brought apt to be eaten in Sallets.

The rote by the consent of all writers, is to litle vse, therefore in our time seldome applyed in Medicine.

The greene leaues exercised in medicine, are to great purpose, but the drie prevaile litle or nothing at all.

The greene serue to comfort, for which cause they prevaile against the stopping of the Liuer and Milte, through the occasion of Choler, and these like prevaile against a simple and double Tertian, and against the heat of the Liuer, and against hote or burning impostumes eaten either sodden, or rawe with viniger: the Syrope made of the decoction of the hearb with Sugar, availeth in all the aboue saide.

The iuice or Syrope giuen with Ruberb, about the fourth or first

day after digestion of the matter, greatly prouaileth for the heate of the Liuer, and a burning impostume, the saide hearbe or iuice applyed in plaister forme, greatly auaileth. If the leaues can not be had, then vse the seedes bruised and boyled, applying it to the same hotte places, which greatly profiteth.

The iuyce of leaues applyed on hot pushes, qualifieth and draweth forth the heate of them, the hearbe bruised and layd on hot impostumes greatly helpeth. The hearbe applyed on the left pap with vineger, mightily profiteth the Cardiacke passion, the same on the belie, stayeth the flyxe.

The Sirupe made of the Endiue and Hartes tongue, prouaileth against the kings euil, the hearb applied in plaister forme, with Cerusse and vineger, healeth the shingles, hot impostumes, and swellings: the iuice applyed with vineger and Rose water on the temples, aswageth the headache: the drinking of the iuice, every second day, recouereth the spitting of bloud, and aswageth the excesse of Sperme: the iuice is effectuously annointed with Cerusse and vineger, on all partes, which are healed by cooling.

The Succory is of a dry and cold qualitie, yet somewhat more than the Endiue, this hearbe (as Aegenita reporteth) is both of cooling and drying in the first degree, and hath also the vertue of binding.

The hearbe bruised with the roote, and round Trochises or flatte Bals made of the same, which after dissolued in Rosewater, and annointed on scabbed places, doth both cure them, and causeth a fayrer skin. If any vse this potion, made with the iuice of Cychorie, Endiue, and Harts tongue, to which a quantitie of Sugar added, in the boyling with water and a litle vineger, doth in shorttime recouer the stopping of the Liuer and Mylt, so that pilles of Ruberb be after ministred, & the comforting Electuarie of the three Saunders taken.

If any prepareth this plaister made of Serapium, and Myrre, of each a like weight, to which the oyle of Camomill and Honny in like proportion added, and the same applyed warme to the womans priuie place, doth on such wise purge the Matrice, that she may after conceiue with childe. And in proper purgings of the women (as Plinie reporteth,) the decoction of the hearb in water so much prouaileth, that it draweth forth the dead yongling.

The

The iuice of the hearbe boyled, and miniſtred, looſeth the bellie, helpeth the Liuer, kidnies, and ſtomacke, boyled in vineger remooueth the vering paine of the vrine, yea the kinges euill, applyed with Milke or water and honny, if it be without a Feuer.

The Cychorie taken with vineger (as Dioſcorides reporteth) is profitable to the ſtomacke, for that the ſame in meate aſſwageth the heate and infirmities of the ſame. And by it ſelfe applyed, and with barly meale layed plaiſter-wiſe on the region of the heart, greatly helpeth, in the plague, and burning Agues the ſame is to be vſed to great purpoſe. It alſo qualifieth Peſtilent puſhes, if the water of the decoction of the ſame be applied on the places, with linnen clothes. The floure throwne into a piſmires hill, ſoone after becommeth as red as blood.

This hearbe boyled in wine, and taken with meate, is very profitable to the ſtomacke, in that the ſame helpeth digeſtion, the floures bruſed with the rootes, and applied in plaiſter fourme on the Goute, doe incontinent aſſwage the paine of the ſame proceeding of heate. This plaſter applied on the ſhingles, doth marueilouſly remoue the mightie heate.

The commended vertues of the diſtilled water, both of the Endiue and Cychorie.

The time apteſt for the diſtilling of Endiue, is in the end of May, the leaues (before the diſtilling) plucked from the ſtemmes, and finely ſhred.

The Endiue water drunke vnto the quantitie of two ounces at a time both morning and euening, profiteth the ſtraightneſſe and ſtopping of the breſt, in the ſame maner drunk, is auaileable to women with childe in that this both ſtrengtheneth them, & amendeth ſenſes.

The Endiue water mixed with the water of Plantein, Roſe water, and the white Sief without Opium, of which an ointment made after arte, doth in ſhort time recouer vlcers diſtempered of a hote matter, and eſpecially thoſe hapning on the priuities.

The ſaid water with the iuice of March Mallow rootes, oyle of Roſes and Camomil, Saffron, barly meale, and the yolks of Egges

mixed altogither ouer the fire, and applied in plaiſter forme, is a preſent remedie, both for the Gout of the hands and feete.

The Endiue water drunke vnto the quantity of foure or fiue ounces at a time, both morning and euening, recouereth the plague, expelleth or putteth away the kinges euill, ceaſeth thirſt, and in good quantitie drunke aſſwageth the heate of the Liuer.

This helpeth the ſtitch in the ſide, and a pricking felt about the heart, drunke vnto the quantitie of three or foure ounces at a time, both morning and euening, a linnen cloth or bolſter of hempe applied on a hot Liuer, qualifieth the heate, or in what part of the body the like hapneth, but as the linnen clothes ware drie, euermore to wette them in this water.

The beſt time for diſtilling the Cicchorie, is in the middle of May, the hearbe and the roote to be finely ſhred, before the diſtilling in a tin Limbecke.

The water of Cychorie drunke vnto the quantitie of two ounces at a time, both morning and euen, and at Noone, or taken with drinke in this maner, remoueth the heat of the ſtomacke. This drunk in the like maner or applyed with linnen clothes on the region of the heart, both comforteth and ſtrengtheneth the heart and ſtomacke.

And as this applied with linnen clothes on the liuer, aſſwageth the heat of it, ſo it openeth the ſtopping of the ſame. This drunke in the ſaid maner, preſerueth the creature from the plague. This like auaileth for carbuncles, either drunke, or applied with linnen clothes on the places: this alſo often drunke, ſtayeth the riſing of the lunges vnto the throate, and ſtoppeth the perillous fixe Diſenteria.

The water in like quantitie drunke, openeth the ſtopping of Liuer and Milt, this gargelled in the mouth and drunke, helpeth the ſwelling of the Vuula and throte, it helpeth alſo waſted members if thoſe be often bathed with the ſame and drunke in like condition or applied with linnen clothes, helpeth the bite of a venemous beaſt.

The floures after the gathering in the morning, diſtilled in Balneo Mariæ and orderly applied, ſerueth vnto diuers impedimentes of the eyes, as vnto the vlcers of them, the miſtineſſe or dimneſſe of ſight, the Pinne, web, and ſpottes in the eyes, and vnto many other like griefes.

What

What care, skill, and ſecrets to be learned in the ſowing, and workmanly ordering of the Lettuce. Chap. 15.

THe Garden Lettuce deſireth a well laboured ground, fat, moyſt and dunged appearing for the more part by the fourth day aboue the Earth, ſo that the ſeede in the earth be not burned of the ſunne, or the ground vnfruitfull: the ſeede may be committed to the Earth, all the yeare through if the place for the growing, ſhall be battle, dunged and moyſt. The Seedes may be ſowen in beds thicke togither, and in the moneth of March or beginning of Aprill, in that the tender plantes cannot indure the nipping froſts nor cold ayre. The ſeedes which the owner beſtoweth in beds in the moneth of September will ſo be hardened for the winter time, that the plantes may well endure to be remoued and ſet at any thing, and watered for two or three dayes togither, vnleſſe theſe be otherwiſe moiſtened with the dayly and ſweete ſhowres of the aire. And in committing of the ſeedes to the earth, the owner ought to haue a care for watering of the beds leaſt the heat conſiſting in the dung, breatheth or caſteth the ſeedes forth of the Earth.

The plantes riſen or ſprung vp well foure or fiue leaues aboue the earth ought then to be remooued and ſette againe into a fatte ground, a good diſtance one from the other, and to water them well at the Rootes, ſo that it freeſe not, nor the ſeaſon be verie hote.

The owner or Gardener may not remoone (to ſet againe) the ſmall or common Lettuces, but the great which will become criſped and thicke (named of diuerſe, the Romane Lettuce) that yeeldeth white and farre bigger ſeedes: theſe if the Gardener beſtoweth againe in beddes, will ſhoote vp farre fairer) and greater in Mouſſe. and taſte pleaſanter, if he eſpecially breake away the firſt leaues before the ſetting of them in Beds, foraſmuch as the firſt outward ſtalkes haue much milke in them, which will lightly become bitter through the heate of the Sunne.

If the owner would poſſeſſe faire and white Lettuces, he ought to

binde the leaues vp togither with a threde, well two dayes before the plucking vp and setting againe in other Beddes, which so done, he must straw thicke ouer, with riuer or sea sand, which the worthy Plinie seemeth onely to ascribe to those which yeld the white sedes, whose nature is such, that they best indure the colde winter. But if these through the default of the place, season, or seeds, waxe hard, the Gardener may procure the plants to growe tender, by plucking them vp, and setting them in well wrought beddes.

The Lettuce spread into a breadth, if so be the owner either setteth it a sunder, or when it is growne into bigge leaues, the toppes gently cut off, it be pressed downe with a turffe of earth, Tile or Potshard, whereby it may the lesse shoote vp into a stemme. For thorough the waight thus laid vpon, the plant kept vnder, is forced to crepe, and shed forth into a breadth, as the singular Florentinus in the Greeke husbandrie, and after him Columella, to these, Plinie and the worthy Neapolitan Rutilius vtter.

The Lettuces are caused to growe broad, round, thicke of leaues, crisped, and low by the earth, if the plantes remooued when they bee shot vp a hand breadth, be after the cutting away of the hairy rootes annointed well about with new Cow dung, and in heaping the earth well about them, be often watered, and alsoone as these are growne to a more strength, to clip the tops of the leaues off with a sharp paire of sheeres, and to couer them with pottes of earth new filled, in such maner that the tops beaten or pressed downe, may growe tufted, round vp, and white, as the said Florentinus (in his Greeke instructions of husbandrie) reporteth that he did.

If the owner mindeth to enioy Lettuces sweet in taste and smell, let him (two dayes before the pulling vp) binde vp the toppes of the leaues hard togither, for by that meanes in the farther growing, will the plants be the fairer, sweeter, and whiter. Heerein remembring, that at the tying (on such wise) of the plantes, and they stronger growne to be then pressed downe, as afore taught, with either Tile or potshard or Turffe of Earth.

The skilfull Florentinus (doth also affirme) that the plantes may be caused to growe sweet & pleasant of smell, if ỹ owner bestoweth of the lettuce seeds, into the citron seeds, before the cõmitting to ỹ earth

which

which likewise the Gardener may performe, by infusing the sæds in either damaske or muske water, for certaine dates.

Here I thinke it not impertinent to the matter, to recite in this place the maruellous deuise of Aristoxenus Cyreneus: this man as Plinie writeth, leauing his proper countrey, for the earnest desire he had to Philosophie, & setting a felicitie in banquetting dishes, watred at euening diuers Lettuces (as they grew on the earth) with Wine and honny mixed togither, and with the same licour so long filled thē, vntill the hearbes had sufficiently drunke: which after hee had left them vnto the next morrow, boasted that he had purchased delicates from the earth: this no doubt a worthy inuention for a proper banquet, but no philosophie consisting in it: therefore leauing further to report of this, we will returne to our former matter.

The Lettuce obtaineth a tenderer leafe, or the leaues become the tenderer, if the root (as aforesaid) be diligently annointed about with the best Cow-dung, and watered at needfull times with riuer or running water, or ẏ tops of ẏ leaues, as I afore wrot, tied close togither with a thrēd, well two dayes before the pulling vp & setting againe.

If the Gardener desire to haue a plant to grow of a maruellous forme, and diuers in a taste, he shall with an easie cost and light trauaile (as the skilfull Greeke Didymus reporteth) performe the same, if he will properly make a hole into a round pellet made of Goates dung, and into the same put of the Lettuce, Cresses, Basill, Rocket, and Radish seedes (as the like Rutilius writeth) and that ball wrapped in dung, be bestowed in a well laboured earth, the furrowe not being deepe, and soft dung layd ouer, with the light earth: and this often and gently (or by little and little) sprinkled with water: for the radish shooting downe performeth the roote, but the other seedes into a heighth, the Lettuce rising withall, and ech yelding the plant in their proper taste.

There be some which in two or thrē terdyles of the Goate or sheepe boiled, and made vp into a ball, bestowe the foresaid seedes, and tying this in a linnen cloth, do set it into the earth, with the like care and diligence, as aboue is uttered.

Many of the Latin writers of husbandrie taught the same in an other maner, by gathering whole leaues of ẏ Lettuce, growing next to the rote, in the hollow pittes and places of which leaues, ẏ owner

to bestowe, except the Radish (as Rutilius writeth) or the Parsley (as Ruellius instructeth) all the aforenamed sæds, which leaues annointed about with soft dung to be set into a well dunged ground, and the sædes diligently couered euer with earth.

If any would possesse Lettuces for the Winter turne, he ought to conserue thē (as Columella instructeth) after this maner, in plucking first away the outward leaues round about, that the tender leaues left apparant and vncouered, might well be salted in an earthen pot or other vessell, and left couered for a day and a night, after such maner, vntill these with the helpe of the Salt, yelded forth a Wine. The Wine throughly purged away with fresh water, & the licour pressed forth of the leaues, to let them lie abroad on a Lettuce, vntill the leaues be sufficient dry, then to straw the dry Dill, and Fennell on them, after this to lay the heapes or handfuls of the Lettuces into the vessell againe, on which to powre the licour made of two parts of vineger and one of the Wine: after this, so to thrust downe the whole substance with a drie thickening, that the licour may flote and appeare well aboue all, which on such wise ordered, must diligently be tended vppon, that as often as the substance aboue séemeth to lie bare & vncouered, to fill alwaies vp with the sayd licour, but with a Spunge keepe cleane the lips and outside of the pot, washed diligently about with fresh Conduite water, and this so often dis, as néde shall require.

The phisicke benefites and helpes of the Lettuce.

The Lettuce cooleth and moysteneth in the second degrée, Aegineta affirmeth that the Lettuce both manifestly cooleth and moysteneth, through which it procureth sleepe, and as the same among other pot-hearbes greatly nourisheth, euen so is it a worker and causer of good blond.

Certain report that Augustus Cæsar by ding of the Lettuce in that time of his sicknesse recouered health: and no marueil, in that the same helpeth digestion, and ingendreth better blond than any of the pot-hearbes: the Lettuce found of experience to be cōmodious to the stomacke, procureth also sleepe, looseth the belly, & causeth plentifulnesse of milke in the breasts: the Lettuce séde giueth to Nourses

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the plentifulnes of milke, & sharpneth the sight, being taken in drink: the same drunke in wine procureth sléepe: a plaster onely made of the Lettuce, & applied on hot impostumes & the Shingles, doth mightily coole: the Lettuces sodden and mixed with the Oliue, receiued inward by potion, doth helpe in short time the dropsie.

The iuice of the Lettuce annointed on the forehead of him that hath the feuer, and cannot sleepe, procureth rest and sleepe to the patient (as the skilfull Florentinus writeth) which also affirmeth, that a man shall not be ouercome with drinke, if hee afore eate with a fasting stomacke, greene Lettuce.

To these he addeth, that seedes of the Lettuce brused and drunke, to stay ẏ shedding of Sperm, for which cause this is profitably taken or drunke against ẏ night pollutions, hapning to many yong persons.

This author besides vttereth, that the Lettuce laid vnder the couerlet, the sicke person not knowing thereof, and gathered after this maner, as with the left hand pulled vp by the roote before the sunne rising, doth soone after cause sleep. A like to this he reporteth, if fiue, three, or one leafe be laid priuily vnder the bolster of the sicke, but in such maner, that the bigger end of the stalke and leafe lye to the forward, and the top or smaller end to the head.

Here learne, that the plentifull and dayly eating of the Lettuce of married persons, is very incommodious and noysome to them, as the Greeke writers of husbandry haue noted, in that the same (as they write) not onely doth diminish the fruitfulnes of children, but ẏ children after borne, do become idle, foolish, & peeuish persons: but ẏ phisitions in our time write cõtrary: for they say, ẏ lettuce neither doth increase euil blood, nor the same throughly perfit, yet is ẏ lettuce (by their agrément) worthier than the other pothearbs, for the lettuce is preferred (as Galen writeth) & not without good reasõ to other herbs in that there is none known or found to be of better nourishment.

This also in the Sommer time (as the said Author writeth) is a gratefull and profitable meat, forasmuch as by nature it coleth: this ministred to hote & cholericke stomacks, is maruellously auaileable: yet the often vse dulleth the sight of the eies, & procureth a moistnesse, yea & abateth the desire of the veneriall act: this also through the often eating greatly harmeth such fetching the winde short spitting vp of blood, and the flegmaticke: this hearb besides too often & much vsed

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(aſwell ſodden as raw) is no leſſe perilous than the eating of ẏ Hemlocke: the Lettuce in the ſommer time is vſed rather for phiſick ſake, than for the proper nouriſhment which it yeelds, as vnto the moyſtening and cooling: yet this ſeing it may be diſcerned cold, who néedeth to doubt, that it can ingender in any manner ſound and pure bloud in vs? for the ſubſtance of it common to vs, which is both milkie and ſweet, and to theſe meanly digeſted, is for the ſame readily & lightly changed into bloud: the Lettuce therefore eaten moderately, doth procure in vs good bloud, and helpeth many times the tertian agewe. and the hearbe is ſaid to looſe the belly, in that this through the proper moiſture and coldnes, both cooleth and tempereth the immoderate heate of the liuer, which notwithſtanding for the ſpéedie and vehement diſtribution and carrying away of the meate & drinke, is many times wont to binde the belly: the hearbe eaten either raw, or boyled with vineger and Sugar, doth diſſolue the ſtopping of the Milt and Liuer, yet eaten raw in much quantitie, is ſaid to trouble the ſight, and both harme the eyes, and cauſe a miſtineſſe that thickneth and dulleth the viſiue ſpirites, and cauſeth the Chriſtalline humor troubled, and offendeth the annimall ſpirite through the proper coldneſſe conſiſting in it.

Many vſe the Lettuce before it be riſen into a ſtalke, boyling it in water or broath, which likewiſe (the worthy Galen reporteth) that he did in his old age, yet not eating the ſame before the boyling, for the hardneſſe which he found to enſue by the eating of it raw: notwithſtanding the ſaid Galen in young age vſed the rawe Lettuce, to repreſſe the heate of the choller in the ſtomacke: but when he came to old age, he vſed to eate the Lettuce boyled at ſupper, to procure the ſweeter and longer ſléepe in the night: ſo that the Lettuce boyled and eaten at ſupper, or at the houre of going to bed, was to him a ſingular remedie to cauſe a quiet ſléepe.

The ancient vſed not not to eat the Lettuce at ẏ beginning of ſupper, but at ẏ latter end, the reaſon of which was, that ſeing the Lettuce (as we haue afore ſaid) is of a cold and moiſt nature, therefore the eating of the ſame at the end of ſupper, & mixed with the other dainties in the ſtomack, it cauſeth the ſoner and ſounder ſléep in the night, and this the readier repreſſeth the vaporous fumes of heady wine, & drunkenneſſe: alſo it is the ſooner maſtred and ſtayed through the

mightie

mightie moistening of the braine. The Lettuce seeds bruised, and mixed with the white of an Egge and womans milke, applyed in plaister soame on the temples or forehead warme, at the going to rest, doeth maruelously procure sleepe: A like to this, doth the iuice of the Lettuce, and womans milke, of eche a like quantitie, to which halfe an ounce of white Poppy seed, bruised, & applied warme on the forehead.

The Seede bruised and drunke, ceaseth the often imaginations of the venerial act in sleepe, and repelleth the desire of the naturall act.

The worthie Phisitions in our time haue deuised a more healthfull way for the eating of rawe Lettuce, at Dinners and Suppers, in the Summer time, by mixing with it vineger, oyle Oliue and Salt, (which so prepared) ioyning with other meates on the table, that the same may stir vp the feeble appetite, caused by great heate, and both temper the burning of bloud, and mitigate the heate of the liuer and heart, notwithstanding the herbe in this maner prepared, ought warily to be vsed, seeing the immoderate vse of the hearbe (as afore vttered) doth extinguish the earnest will to the venerial act.

The maried persons (desiring the procreation of children) oughte soberly and measurably feede on the Lettuce, but to the Cholerie persons this hearbe is not denied, so that the coldnesse of it with Rocket, Cresses, Mintes, Maioram, and such like bee afore tempered, to the apter cooling of their stomachs.

The commended vertues of the distilled water of Lettuce.

The Garden Lettuce gathered about the middle of May, ought after the finely shredding, to be distilled with a soft fire either in Balneo Mariæ, or a Tin Limbeck. This water of the crisped or Garden Lettuce drunke to the quantity of two ounces at a time, both morning and euening profiteth the Liuer, in that by nature it cooleth and comforteth the same, and coleth the bloud inflamed. The water in like maner drunke, stayeth the perilous Flure Disenteria, & other vehement Fluxes of the belly: this amendeth the trembling of members, and helpeth those which cannot quietly sleepe: this annointed on the temples of the head, and pulses of the hands, procureth sleepe.

The water drunke, helpeth women lacking milke, if they either

take it alone or in drink, for on such wise, this procureth store of milk in the breasts. The water ceaseth and amendeth a hotte and drye cough taken in drinke, mollifieth the throate, cleanseth the breast and lungs, ceaseth thirst, temper eth the heate of the stomacke, liuer, and kidneyes, this beside in good quantitie taken, loseth the belly.

What care and skill is required in the sowing and ordering of the Purselane and Rocket. Chap. 16.

The Garden Purselane, how diligently the same is bestowed, so much the larger it spreadeth on the earth, and yeldeth the thicker leafe. This desireth to bee sowen in Februarie, Marche. Aprill. Maye, and June, and in no other times, for this hearbe cannot well endure the cold season. This plentifully yeldeth and spreadeth, being bestowed in beds well turned in with olde dung, or in ground very fat of it selfe, or otherwise sowen amongst Colewortes, Onions and Leekes. And after these haue ioyed a yeare in the Garden, they will yearely com vp, without paines to the Gardener of the owne accord, yet the hearbes desire euerie yeare, to be often watered, to the end that these may yeld the bigger Tuffe, and thicker leafe.

The Seedes ought to bs sowen vnder the shadow of trees, and in an Harboure where trees grow not to thicke, for these otherwise bestowed vnder a thicke shadowe, growe thinne and small of leafe. The Purselane is one of the Garden hearbes, serued first in Sallets with Oyle, Vineger, and a litle Salt, as well at the meane, as rich mens tables, yea this for a daintie dish with many serued first at the table in the winter time, preserued after this maner.

The greatest stemmes and leaues of the Purselane without rots were gathered in that the smaller steeped (lightly decayed and withered) and these with water clearely and throughly cleansed from the fine Sande, hanging on, and the filthie or corrupt leaues if any such were cleane purged away, and these so long they dried in the shadow, vntil they were somwhat withered, for otherwise (through the plentie of moisture) they either moulded or rotted in the lying. After these were they infused in verinice made of sowre grapes, strewed thicke ouer with greene Fennel bestowed in an earthen pot glazed within,

or for the lacke of it, in a ſweete veſſell of wood: after this, the whole ſprinkled wel ouer with Salt, laying greene Fennell againe ouer the Salt, and ſundry courſes of Purſelane, with Salt and Fennell beſtowed to the filling vp of the pot, & ouer the vpper bed of Purſelane again, a thick courſe of grẽn Fennel ſtrowed, which ſetled the whole mixture downe into the pot.

Theſe being done, the licoure which was tempered or mixed with two parts of vineger, and one of verivice made of grapes was poured vpon, in ſuch order and ſo full, that the ſame reached vp to the brimme or lip of the veſſel. The ſame pickle or ſauce at the end, cloſe couered with a liode, was ſet vp in a place to be preſerued far from the beames of the Sun comming, leaſt the ſubſtance through the ſtanding of the place might gather a vine or mouldines ouer the ſame: which alſo as they affirme may be auoyded, if the Purſelane be not ſuffered to lie floting aboue, but alwaies couered well ouer with the licoure: when they vſed and ſerued it at the table, they afore cleanſed it with warme water or wine, and pouring ſweet Oile on the Purſelane, they ſet it as a firſt diſh on the table, to procure an appetite to the gueſts ſet downe to meat. The Rocket is added to the Lettuce in Sallets, to the end it may temper the contrarie vertue of the ſame, ſo that the Lettuce is ſildome eaten with meat without the Rocket, and the Sallet on ſuch wiſe prepared is cauſed the delectabler, and yeldeth the more health to man. And the worthy Galen in his booke de aliment. & facultat. willeth no man to eate the Lettuce or Purſelane without the Rocket, nor the Rocket cõtrariwiſe in any Sallet, without Lettuce or Purſlane, that in as much as the one coleth and harmeth the veneriall act, the other through the heating in the either matter profiteth man. The ſeedes may be committed to the earth and the hearbe planted as wel in the winter time, as in ſumer, for it neyther feareth the cold, nor any other diſtemperancy of the ayre, nor this requireth great labour about the beſtowing of the ſeedes in the earth, and after the comming vp, it eſpecially loveth to be often weeded, but the ſeedes to be ſowen in a ſandie or grauelly ground, ought afore to be well turned in with dung.

The Phiſick helps and remedies both of the Purſelane and Rocket.

The Purſelane coleth in the third degrée, and moiſtneth in the ſecond, the herbe vſed freſh & grœne, is better allowed: (for this dried, hath ſmall vſe & vertue) in that it mitigateth & moiſteneth.

The Purſelane through the proper coloncile, aſwageth hot and Cholerick fluxes, through the often applying and cooling, and helpeth the perſons afflicted with a burning Feuer, and the téeth aſtoniſhed or on edge, by eating of ſowre thinges, is amended by the only eating of the freſh herbe. The iuice of this applied, helpeth the ſhingles, and both bridleth the venerial act, and abateth ſlœpe. The herbe expelleth the wormes of the belly, and drunke with wine, ſtaieth the perilous flux Diſenteria. The decoction of the Purſelane, holden for a while in the mouth, ceaſſeth the toothache, if the iuice be annointed, helpeth outward inflãmations. The perſon which hath a hot ſtomack, or the mouth of the ſtomack ſwollen, ſhall throughly be holpen by eating of the freſh Purſelane. The iuice drunke, mightely coleth inward heates, the hearb eaten, amendeth the vlcers of the priuities, yet hurtfull to the eyes, and somewhat cooleth the bodie. A plaiſter made of the Purſelane, and applyed with barly meale, on the hot vlcers (where a feare is, that the matter in them putrifieth) much profiteth, or if it ſhall be a hote impoſtume, which fléeth within from one member to another, this greatly amendeth. The Purſelane alſo remoueth the vlcers of the head, if bruſed, it be tempered with wine, and the head waſhed with the ſame.

This applyed helpeth ſwollen eyes, and preuaileth againſt the ſpitting of bloud, yet eaten rawe, filleth the ſtomach with a clammy humoure, the dayly eating of it, abateth the deſire of the venerial act, yet eaten with vineger, it remoueth the burning Feuer: the hearbe bruſed with barly meale, and heated on the fire, and then applied to the ſtomacke, qualifieth the heate of the ſame: the purſelane vſed of women moleſted with the monthly courſe, ſtaieth it without grœfe in ſhort time.

The purſelane chawed in the mouth, profiteth againſt the bléeding of the Noſe, the ſame doth the iuice performe annointed on the Forehead. The Purſelane mixed with barly meale, & applyed in plaiſter

to me, ceaseth the head ache, extinguisheth the heate of the eyes, stayeth the perilous flure Dissenteria, and strengtheneth both the kidneyes and bladder. The iuice giuen in drinke, helpeth burning Feuers, killeth the wormes in the belly, and stayeth the spitting forth of bloud.

The iuice bestowed in glister wise, helpeth the excoriations in the bowels of women, and the rawnesse of the priuie places within procured by distillations from the heade.

The iuice of the hearbe is profitably annointed on the heade, with the oyle of Roses, or oyle Oline, against the head ach caused by the heate of the sunne, and woundes dangered by blasting or in a furious heate, this mightely mittigateth, with barly meale annointed.

The hearbe (to great purpose) is applyed on the Nauill of Infants falling forth by crying, and the hearbe thewed or rather the iuice boyled, stayeth the greese and loose teeth of the heade, yea the iuice eaten rawe, aswageth the kernels and vlcers in the mouth and swelling of the gommes.

Leontinus a Greeke writer of husbandrie writeth, that the leafe of the Purselane holden vnder the tongue of the person molested with thirst, to mitigate the desire of often drinking, and Plinie writeth, that the iuice remoueth wartes, by annointing the places many dayes togither, and he also writeth, that the inflammations of the pappes and Goute may be aswaged and healed by the iuice of Purselane with hony.

The saide Plinie reporteth, that the roote of the hearbe hanged with a threed about the necke, remoueth the griefe of the fall of the Vuula, which like happened to a Iudge in Italie, as hee writeth.

The hearbe Rocket heateth and moisteneth in the second degree, the seedes and leaues are only vsed in medicine.

The hearbe boyled and eaten, increaseth the Sperme, in a man, which Aegineta (lib. 1.) like witnesseth, saying, that the Rocket obtaineth a great vertue in heating, and supposed to increase sperme, and for the same, to stirre vp a desire to the veneriall acte, besides to cause (through the often eating alone) a giddinesse and paine of the heade.

The Rocket increaseth a strong heat, for which cause the same is

hurtfull to the head, but the Garden Rocket boyled with the Lettus and Bætes, worketh or causeth no harme, and in such maner eaten the same encreaseth the milke in women giuing sucke, and Nurses.

The Rocket eaten, and applyed in plaister wise on the pecten, causeth vrine, softeneth the bellie, comforteth the stomacke, and helpeth digestion, the iuice of Rocket mixed with an Ore gall, recouereth blacke scars vnto a whitnesse: the pymples or pushes on the face, the iuice with hony annointed amendeth in short time.

The iuice or seede mixed with hony, and annointed on the head, and often vsed with meat, doth kill the Nittes and wormes of the head, but the often vse of the Rocket procureth gripings of the bellie. The roote after the tender boyling bruised, and applyed in plaister forme on broken and bruised bones, doth put away the paine, the seede bruised and drunke in wine recouereth the byte of venomous beastes. A skilfull practitioner reporteth, that if three leaues of the Rocket, bee gathered with the left hand, and after the boyling in water and hony mixed together, taken in drinke, the same (saith he) marueilously auaileth against the Iaundise, and hard swelling of the mylt.

The commended vertues of the distilled waters of Purselane.

The hearbe, stemme, and leaues of the Purselane shred together ought to bee distilled in Balneo Mariæ, about the ende of May.

The water of Purselane drunke vnto the quantity of three ounces at a time both morning and euening, for three or foure dayes together, amendeth the spitting vp of blood, and the perilous flixe Dysenteria.

The water drunk in like quantitie at a time, stayeth any flixe of the bellie, yea putteth away a hote and drie cough: this like profiteth against the heate of the Liuer, ceaseth thirst, helpeth the plague, and remoueth the shortnesse of fetching breath.

This water also is profitable to infants against heate the wormes, giuen in drinke both morning and euening, vnto the quantitie of two ounces at a time.

If in two ounces of water of Purselane, ten barly cornes weight of

of the seede of Psillium or fleawort be steped for a night, and with a spunge dipped in this the tongue bee washed three or foure times a day, which through great heat in a Feuer or other sickenesse is adusked, and draweth to a blackenesse, this in short time recouereth.

It helpeth vnto a colling of the inflamed blood, either drunke alone or taken in drinke and repelleth the griefes of the Bladder.

What skill and diligence is required in the sowing and ordering of the Cheruil Smallage, Taragon and Cresses. Chap. 2.

The hearbe Cheruill loueth to bee sowne in a well dunged earth, in the monethes of Februarie, March, and Aprill, sometimes in August and september, to possesse the hearbe in the winter time, and this the better prospereth, through the often watering, vntill it bee well come vp.

The smallage sedes ought to be sowne in a well laboured earth, and neare to a stone wall, or thicke hedge, this hearbe well loueth in the shadow, commeth well vp in any ground, And after this hearbe be once bestowed in the garden, a man shall hardly weede it forth quite, and the Gardener may leaue a stemme or two, to shot vp into seede, from yeare to yeare, for this hearbe wil endure for euer, without any weeding at all. The owner may commit the sedes to the earth, after the midle or ende of Februarie, vnto the begining of September. This hearbe hath the like vertue and properties, which the Parsley possesseth.

The Taragon of the Garden, bearing seede like to the Flare, ought to be bestowed in a wel dunged earth, and after the plantes be shot vp neare a foote high, the Gardener ought then to take vp the whole bodies, and set them againe in the selfe same earth, which often water vntill they haue taken strong roote in the earth. The Taragon enioyeth the like properties, as the Rockes, and may not be eaten apart or alone, but rather with the Lettuce, Purselane, and such like hearbes.

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The Garden Cresses is a soure hearbe in tast like vnto the Onyon, which the Germaines (in many places) do often vse in Sallets: but it seemeth that the hearbe is not eaten, without other cooling hearbes matched with it, as the Lettuce, Sorrel, Purselane, and such like, which temper the fire or burning force of the hearbe, euen as the worthie Phisition Galen hath willed it, who forbad the Rocket to be eaten with the Lettuce, that the contrary vertue might be tempered. This hearbe ioyeth to be sowne in moist places, as by small riuers or running courses of water, wels, and springs: for no other labour (after the seedes bestowed) do they require, sauing a dayly watering, for the plants comming vp, desire oftentimes a day to be watered by litle and litle.

The seedes of the Cresses (after the mind of Rutilius) bestowed in beddes with the Lettuce, increaseth very well, for they ioy in moisture, and hate the dung: and sowne in a shodowie place, in Februarie and March, the plants reasonably prosper and come forwarde.

The Phisicke remedies and helps both of the Cheruil, and Garden Cresses.

The Cheruil heateth in the third degree, and dryeth in the second, this hearbe of all persons is eaten raw with vineger, and in brothes boyled.

This hearbe taken in drinke, procureth vrine, and sendeth downe the termes in women, brused with wine and drunke mitigateth the griefes and stitches in the side.

This drunke with water and honey, resolueth or looseth slewme, it putteth away gripings of the bellie, and ingendreth winde.

The iuice of Cheruil taken with vineger, killeth the wormes in the bellie, the Cheruil brought into pouder, and mixed with Honye, healeth a Canker, being annointed vpon. The hearbe boyled in wine, and drunke, ceaseth the ache and griefe of the hippes.

The hearbe with the whole substance boyled, if the same be after mixed with vineger, and the head washed with the same, doth remoue the

the dandrie of the head. In like maner ordered and applyed, healeth running sores and Cankers.

It healeth the bite of a madde dog, if the person shall drinke of the Seede brused, and shall wash the wound with the same. The roote of Cheruil boyled with the hearbe Saxifrage, and drunke, breaketh the stone of the Bladder, and prouoketh vrine. The Cheruill boyled in wine, and drunk, dissolueth the gathered bloud into knobs, or otherwise clotted in the bodie.

The hearbe after the bruising, and tempering with ware & Barrowesgrease, applied on impostumes behinde the Eares, doth in short time dissolue and heale them.

The Garden Cresses heateth and drieth in the third degrée, but the learned Platearius affirmeth, the Cresses to be hote and drie, in the fourth degrée.

The séed especially serueth to the vse of Medicine, and is preserued in great efficacie, for fiue yeares. The herbe grène, is of great efficacie, being somewhat dried.

The séed possesseth the vertue of heating and drying of superfluous humours, and in a maner enioyeth the like vertue of Mustard séede, the séede after the bruising drunke in wine, expelleth the dead poonling, drunke with wine, remoueth the swelling of the Milt, eaten with Honie, is a remedie for the cough, and looseth the breast, it auaileth against the palsie of the toong, if the seede chawed bee retained a time in the mouth.

It profiteth not if the Cresses be eaten alone, for that the same diminisheth mans strength, and engendreth euil humors, for this herbe ioyeth to bee bestowed in a moyst Earth, and vnder a shadow from the Sunne.

The séed whole taken, restraineth the distillings of the head, without danger or harme, the séed brought to pouder, and drawen vp by the Nosethrilles, clenseth the braine and helpeth the paines of the head.

The séede of the Cresses helpeth against the palsie, being boiled in wine, and applied hote in a bagge to the Palsie member, the pouder of the séede blowen vp doeth cause the patient sneese, amendeth the Lethargie or sléeping out of measure.

The sæde boyled with drye figs, and a Gargill made of the same, doth send vp and dry the Vuula lose hanging.

Against infections of the head, knobs and dandrie, mixe the sædes of the Cresses with Goose grease, and diligently bruised, annoint all about sundry times, the pouder of the sæde annointed with Dyle of Roses, doth stay the going forth of the fundament.

The sæde drunke in wine, doth expel the noisome créeping things, as the round and flat wormes in the bodie, but forcibler by mints added thereto, this profiteth against the hardnesse of fetching wind and the cough, with Dragany mixed and sweete wine, and the same diuers times drunk: the decoction of the hearbe in Gotes milke helpeth the grieses of the brest: this amendeth the ache of the Hips, and griefe of the Loines, by annointing with Barly meale and vineger mixed with it, on the grieued places.

Certaine report, that the dayly eating of the Cresses for a time, purchaseth a readier vnderstanding and quicker wit. The sæds after the bestowing in a bagge, boyled in wine, and applied on the flancke, doeth remoue the paine grænouslye bering, and likewise the Cholicke, applied on the bellie, procéding of a colde cause.

For the selfe same, and for the strangurie, dooth the simple hearbe boyled in wine and oyle preuaile, being applied vpon. For weaknesse of the Kidneys, procéeding of a fleumatick matter discending from the head, the raines of the back annointed with hony, strew the fine pouder of the seedes, with Cummine, and Colofonie.

A certaine practitioner reporteth, that the iuice of Cresses distilled or dropped into the Eare, doth remoue and deliuer the grieuous pain of the téeth. The sæd boyled in wine and drunke, and a plaister with figges applyed without, doeth in short time aswage the swelling and griefe of the Milt.

The

The commended vertues of the dipistilled waters, both of the Cheruill and Garden Cresses.

The chosen time for the distilling of Cheuil, is when the heard and rote, with the whole substance may be finely shred and distilled, which time best answereth in the middle of May.

The water of Cheruil drunke, vnto the quantitie of foure ounces at a time, both morning and euening, helpeth men bursten, and harmed by a grieuous fall, and resolueth the blood clotted in lumps. The same drunke, profiteth against the stone of the kidneys, a great quantitie of this drunke at one time, looseth the bellie.

The water drunk (as aboue said) procureth a good stomack, confirmeth and comforteth the heart, putteth away the shaking of the Feuer, the same healthfull or profitable to the heade, and comforteth the senses.

This like drunke, remoueth grieuous paines and prickings, helpeth the Lunges, and the diseases of the same.

The conuenient time for the distilling of the Garden Cresses, is in the end of May, in the Tin Limbeck.

The water of Cresses auaileth against the Measelles, and impostumes behinde the eares, if the same mixed with hony, be applied on the places, with linnen clothes dipped in it, which long dried, againe moisten them, for this remoueth the red spots.

If the Measels be on the legs, then let bloud on the Ancle of the foote, and drinke the same morning and euening mixed with strawbery water, and refraine after from all hote meats.

The water of Cresses drunk morning and euening vnto the quantitie of foure ounces at a time, asswageth a swelling, and expelleth woormes of the bellie, this mitigateth vlcers, and swellings of the gummes, if they be often rubbed with it.

What care and skill is required in the sowing and ordering of the Bucks horne, Strawberie, and Mustardseede. Chapiter. 18.

The Buckes or hartes horne, whose leaues be sweete in taste, and somewhat saultie, is at this day sowen in Gardens, and yerely, vsed in Sallets, and requireth a small labour, before the bestowing in the Earth, for as much as this hearbe so wel ioyeth in the earth, not laboured and dressed, as afore prepared.

But if the owner minde to haue the hearbe thicke tuft, and fayre to the eye, he must often clippe the toppes of the leaues, and presse the heade downe by some weight, or properly treade with the foot on it: for on such wise handled will the hearbe be procured to grow downward and into a breadth.

This especially in Sallets in the sommer time, although the same haue no apt succoure nor taste.

The Strawberies require small labour and diligence in the bestowing in the Earth, sauing that these ioy to be set in some shadowie place of the Garden, in that these rather desire to grow vnder the shadow of other hearbes, than to be planted in beddes alone, and planted vnder the shadow of high trées, these prosper without any trimming of the Earth.

Here note a marueilous innocency in ỹ strawberies, that although these crépe low by the earth, and that diuers venemous things créep ouer the hearbes, yet are these in no maner infected with any venemous contagion, which is a note, that the hearb (of propertie) hath no affinitie with poyson. This hearbe by diligence of the Gardener, becommeth so great, that the same yeeldeth faire and big Beries, as the Beries of the Bramble in the hedge, and hereof it semeth, that Virgilianus Seruius named the Strawberie, the Mulberie of the earth. Certaine skillfull men, by a diligence and care, procure the Beries to alter from the proper red coulour, into a faire white, delectable to the eye.

The Mustard seedes desire to bee sowen in a fatte grounde, and to be committed to the Earth with fine pouder dust, both before & after the winter, these after the comming vp, require to be often wéeded

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and watered. But the seedes may not be sowne too thicke, in that the plantes multiply and spread into breadth. After the plants haue enioyed strong rote in the earth, they are hardly plucked vp by the rootes, and the seedes may well be kept fiue yeares, which the newer they be, so much the better to sow, and to be eaten. The goodnesse of the séed is knowne in the breaking or cracking of it betweene the téeth, whether the same be found gréene or white within: for if this be white, the séede is olde and nothing worth, neither to sow, nor to eate. The seedes which the owner would keepe for to eate, those plants must be remoue, after certaine leaues sprung vp, and set them a good distance a sunder, whereby the tops may bush and spread the broader, but such plants which the owner would haue runne vp to seede, those may bee not chaunge, nor remoue out of the proper places.

The Phisicke remedies and helpes of the Buckes horne, Strawberie, and Mustard seede.

THe Hartes horne hath the propertie of heating and drying, for which cause taken in drinke, it ceaseth the gripping of the bellie, yea this vsed, helpeth the griefes of the ioyntes, strengtheneth and expelleth the euill matter in them.

This hearbe after the minde of Dioscorides, hath the propertie of binding, so that the same be profitably giuen in red wine, for the perilous Fluxes.

Certaine report that if foure rootes of the Buckes or hartes horne be either diligently hanged about the necke, or bound to the pulses of both the hands, that these in short time, do put away the Feuer, or at the least, moisture the heate or burning of the feete.

The Berries as well as the hearbe of the Strawberie haue the vertue of cooling and moistening in the third degrée, and the hearbe it selfe endureth not aboue a yeare.

Vigonus writing of the Strawberrie leafe, affirmeth the same to be of a cold qualitie, especially, the iuice of which hearbe mixed with the wine of Pomegranats, & a little quantitie of Rose water, applied on hote impostumes (both in the beginning and increase of them) doth marueilously helpe. The Berries eaten with white wine, and a little

ſuger, doth marueilouſly amend the hardneſſe and ſwelling of the ſplene, the ſelfe ſame doth the iuice of the Berrie, taken with hony, the leaues ſundry times vſed in a bath, is ſaid to be moſt profitable againſt the ſtone. The leaues and rote orderly applied, do heale as wel woundes as vlcers. Theſe alſo procure the termes, ſtay the bloudie Flixe Diſenteria, and cauſe vrine, the decoction of the hearbe and rote drunke, helpeth the inflammations of the Liuer, and cleanſeth both the kidneyes and bladder.

If any ſhall be mightely moleſted with grieuous ache and paines of the hips, let him take three or foure handfulls of the Strawberrie leaues, and boyling them tender, ſit in the bath, and rubbe the legs well (with the licour and leaues) from the nether part vpwarde: which done and throughly dried with a warme cloth, apply this ointment following, prepared after this manner: take of the ointment of Marſh Mallowes one ounce, vnto which mixe halfe an ounce of ſtone honny, and a dramme weight of waxe, making thereof an ointment by a ſoft fire: this on ſuch wiſe handled, not onely amendeth the griefes of the hippes, and ſofteneth the matter hardned in them, but prouoketh vrine, applied on the proper place.

The decoction of the hearbe and roote, holden in the mouth, and waſhing or rubbing the teeth and gummes withit, doth not onely ſtrengthen the gummes & faſten the teeth, but ſtaieth the diſtillings from the head.

The Berries in ſommer time, eaten with creame and ſuger, is accounted a great refreſhing to men, but more commended, being eaten with wine and ſuger, for on ſuch wiſe, theſe marueilouſly coole and moiſten chollericke ſtomackes or ſuch being of a cholericke complexion.

The iuice of the Berries preſſed forth, and the water of Plantain added, of each eight ounces, to theſe mixe two ounces of Roſed hony, one ounce of the iuice of the Mulberries, of white Greeke pitch and the flowres of the Pomegranat, of each a dramme waight, theſe after a diligent beating and mixing togither, waſhe and gargell the ſame in the mouth ſundry times, for this in ſhort time remoueth and putteth away the impoſtumes of the throat. Among other commodities which the Berries yeeld, the iuice or wine preſſed forth of them,

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is a soueraigne remedie for the remouing of the great rednesse, spots and red pimples, which happen on the face through the heat of the Liuer, the selfe same aswageth & putteth away the rednesse of the eyes, the spots and hote distillings from the heade, by dropping it sundry times into the eyes. The decoction of the rootes & leaues of the strawberrie in wine is maruellous profitable for the Iaundise, being taken diuers mornings fasting. The decoction only of the roote taken, doth mitigate the heate of the liuer, so that the same be drunken in the morning, and at noone, the hearbe eaten with vineger & a little white pepper, doth greatly helpe such fetching the wind short: the Berries also eaten, do ease & coole thirst, for which cause, profitable to the stomack, but these especially commodious to the cholericke. The Mustard séede heateth & dryeth in the fourth degrée, and it is like to the Rape seede, saving that the Rape séede is bitter, and the Mustardséede soure. The goodnesse of the Mustard séed is known in the breaking of it, which if the same be moist & white within (although new gathered) yet profitable to vses. This hath the vertue of heating & ripening. The force & nature of the Mustard séeds is to heate, extenuat, and draw forth, as the worthie Dioscorides reporteth. The Mustard seedes bruised with the fresh roote of Enula Campana, and applyed on impostumes, breaketh them without paine: the séeds bruised and tempered with vineger applyed on the bit of a venemous beast, doth speedely cure the same. The séeds chawed & retained vnder the tongue, preuaile against the palsey of the tongue, the séedes do like profit against all the kindes of palseys, happning in any part of the bodey, if a linnen bag filled with the séedes and boyled in wine, be applyed on the grieued place, being especially vsed in the beginning of the infirmitie. The seeds after the bruising with cummin and figs eaten sundrie mornings, doth deliuer and helpe the dropsie, the séedes after the mixing with water and hony sundry times gargalled, amendeth the blistering or sores of the mouth, and aswageth the swelling of the throate. The iuice of the Mustard séed, take diuers mornings fasting, doth procure a good memorie, the oyle drawne out of the séedes, is a soueraigne ointment for the cold Goute, Sciatica, and feeblenes of sinewes. The iuice of the Mustard séede dropped into the eyes, doth remoue the pinnes of sight, and put away the spots and web in them, yea this in the eating causeth thirst, and procureth the veneriall act.

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The person which euerie morning fasting, shall swallow downe two seedes at a time, shall be free that day from the falling sickneſſe, the seeds boyled in wine, and drunke, amendeth the hardneſſe of fetching breath: the pouder of seedes drawne vp by the nosthrils, not onely procureth the creature to sneese, but marueilously purgeth and amendeth the braine.

Ana like waight of the Mustard seede, Pellitorie and Ginger be bruſed, and after the well mixing with roſed honny, the mouth be washed with the same, and this for a good whiles holden in the mouth, doth marueilously cleanſe the braine of humors, of which the grieuous paine of the head moſt commonly succedeth. The same also amendeth the falling of the Vuula, and vlcers of the throat.

The Mustard seed, (as Dioſcorides writeth) eaten, draweth down and purgeth by the mouth, the fleume gathered in the head: the iuice of the hearbe mixed with water and honny, gargelled and holden a whiles in the mouth, doth remoue the hard knobs and swellinges of long continuance of the Iawes, the pouder blowne or drawne vp by the noſe, to procure the creature sundrie times to sneeſe, not onely profiteth such a one hauing the faling sickneſſe, but amendeth the ſuffocation of the Matrice, and falling out of place. And againſt the dulneſſe of the head, and often sleeping, (the head afore shaven) is the ointment or plaiſter of the seedes profitably applyed: the decoction of the Mustard seede in wine, holden in the mouth for a whiles, doth ceaſe the ache and paine of the teeth comming of cold, and drunk, breaketh the stone of the bladder, and procureth the Termes.

The person which coueteth to prepare a cleare voice to sing, ought to take the meale of Mustard seed, and after the working of it with hony, to make litle balles of the same, and of theſe to take one euerie day, which on ſuch wiſe vſed, will procure in short time a cleare voice.

The cõmended vertues of the diſtilled waters both of the Strawberie, and plant of the Muſtard ſeede.

THe beſt time for diſtilling of the Berie is, when they are neare ripe, yet that they be not ouer ripe and ſoft, which after the gathering

ring and ſprinckled ouer with Sugar, ought to ſtand cloſe couered in a glaſſe, vntill they appeare mouldie, before the diſtilling in Balneo Mariæ. The beries which grow in woodes ſtanding on hilles, are better commended to vſe.

The water of the berries drunk, and mixed with the ſame, amendeth an euill or an vnnaturall heate, and ceaſeth thirſt, proceeding of the Liuer, or of Choller: the water drunk vnto ỹ quantitie of foure ounces at a time, both morning and euening, not only coleth the lyuer, loſeth the breaſt, refreſheth the heart, purgeth the blood, and helpeth the kinges euill, but preuaileth againſt the ſtone, of the Loines, Kidneyes and Bladder.

The like quantitie drunke, profiteth againſt bliſters and ſores in the mouth, the vlcers and ſwellings in the throat, and ſtrong ſauour of the mouth, proceeding of the gummes and teeth, if this water alſo be gargelled in the mouth and throat.

The water in like order drunk of women, purgeth them, & procureth the Termes. The water drunk vnto the quantitie of foure ounces at a time, both morning and euening, (or at the leaſt in the morning) and linnen clothes dipped in it, being applied twice a day to the leg broken, doth in ſhort time recouer and helpe the ſame.

The water healeth al foule legges, if after the daily waſhing both morning and euening, linnen clothes wet in it, be applyed vpon: this in like maner cureth filthy woundes, if they ſhall bee waſhed with the ſame, or if any ſhall vſe of the water in his drinke, this water alſo ſwageth the ſwelling of the face, by the often waſhing with it.

The water drunke morning and euening, vnto the quantitie of foure ounces at a time, with an ounce of pure Aquavitæ, helpeth (no doubt) the Leaprie, in that this drinke purgeth blood, by the ſundrie times vſing, or otherwiſe a white toſſe of bread, after the wetting with this be eaten faſting, which on ſuch wiſe vſed doth remooue the foule ſcurffe and ſcabbes on the body.

The water after the well tempering with Sugar, diſtilled ouer againe in Balneo Mariæ, is very ſoueraigne for diuerſe purpoſes, in that the ſame not onely cooleth, cleareth, and remoueth ſpots of the eies, but comforteth nature, expelleth poiſons, prouoketh the terms, aſſwageth burning humours, and comforteth conception: yea, this

is a most effectuous ointment for the eyes, in that the same staieth teares or watering of the eyes, cooleth the great heate in them, and restoreth a dimme sight.

This water also applied sundry times with a linnen cloth wet in it, doth maruellously coole and put away the red pimples and rednesse of the face, yea and cleareth the same contrary to hope.

The vertues commendable of the distilled water of the Strawberie leaues.

THe apt time for the distilling of the hearbe in either Balneo Mariæ or a Tin Limbecke is in the middle of May. This water drunke vnto the quantitie of foure ounces at a time, both morning and euening doth remoue and helpe the kings euill.

The water in like order drunke looseth the breast, purgeth the Lungs, helpeth the cough, and cleanseth the Leprie. The water dropped into the eyes both morning and euening, doth remoue the rednes of the eyes, and mittigateth the heate in them.

The water like drunke, ceaseth the ouermuch sweating, and for the heate and stopping of the Liuer, there is nothing more healthfull and profitabler.

The whole hearbe bearing flowre of the Mustard seede, after the finely shredding, ought to be distilled in a Tinne Limbecke, in the beginning of June. The water amendeth the vlcers of the gummes, if the same be holden a while in the mouth, and the gummes often washed therewith. This water helpeth vnto the consumption of members, if they be bathed and rubbed with the same: for the members thorough the same, doe recouer in short time strength and flesh. This water heateth the marrow in the bones, if they be often rubbed with the same, and the water to drie in alone. This water profiteth against the cold disease and ache of the ioynts, if they be often rubbed with the same, and the water suffered to drie in by it selfe.

What

What skill and care is required in the sowing and workmanly ordering of the Leekes and Ciues. Chap. 19.

THe Léeke for that it is a roote of the Garden to be eaten and often vsed in the potte, therefore I will first intreate of the same, which (as the most skilfull report) desireth to be sown in a fruitfull and battle place, and lying especially open, whether the same bée in a low place, as the worthie Rutilius writeth, and to these, that the beddes be leuelled, deepe digged, diligently turned, and verie well dunged. The husbandmen in times past, noted two kindes of this hearbe, as the one which grew into a head, like the Onion, and the other into many deuided blades, both long and straight, whose bush sprung vp, is wont to be cut néere to the ground, and this with vs named the vnset Léeke. The owner or Gardener which would possesse vnset Léekes, ought to cut the gréene blades come vp in the beddes, after two monethes of the sowing. For these (after the minde of the learned Columella) will endure the longer, and encrease farre bigger, if after this cutting they be remoued and set againe, and howe often the greene blades shall be cut, so often the hearbe is holpen with water and new Cow-dung. And vse instructeth euerie carefull owner as the said Authour reporteth, that in the remouing, such skill must be vsed for the newe setting, as when they be growen into a bignesse in the head, to be remoued certaine distances asunder, as foure fingers breadth betwéene either set, and when they shall be growen to a further strength, and bignesse, to be againe cut. The Léekes so often ought to be watered, dunged, and wéeded, as néede requireth the same, and the place is to be often raked ouer, whereby the plantes may encrease the better, through the helpe of the often killing and casting forth of the vnprofitable hearbs or wéedes. As touching the Ciues and vnset Léeks, they may like be bestowed in the earth, as the Léeke bearing the head: And the sédes of these may be committed to the earth at any time, if so be the owner inforceth not for the yéeld of the sédes, but they otherwise ought to be sowen in the Moneths of December, Januarie and Februarie, for the gathering and occupying after the moneth of March, vnto the middest of August. And the plantes after the sowing, when the blades bée well shotte vp, ought lightly to bee troden downe

with the foot, and not to be watered for foure daies after. When the yong and tender blades be ſhot out of the ſeedes, and that the owner mindeth to haue the heads grow bigger, he ought not after ẏ pulling vp to ſet them againe, before all the ſmall rootes be cut away, and the græne blades nigh halfe cut off, which done, ẏ ſmall potſhardes, or oyſterſhelles, be laid (as it were) right vnder eth head, and then diligently couered with earth, wherby the heads may ſo increaſe the bigger, in the which doing, the worthy Greek Sotion forbiddeth the watering of them till foure dayes after (if a drouth enſue) otherwiſe water them not at all. The ſkilfull Neapolitane Rutilius inſtructeth, that when the Lékes be growne to a finger bigneſſe, by cutting the blades halfe away, and the hairy rootes quite (leaſt theſe ſeede and draw away of the ſubſtance) than in the ſetting in earth mixed with ſand and annoynted freſh with cow-dung, let the plantes be diſtant in beddes well foure or fiue fingers one from the other, and when theſe haue ſent forth rootes ſufficient long, let the owner (gently putting vnder his Dible) raiſe ſoftly the heads, that theſe remaining (as hanging on the earth) may on ſuch wiſe fill the roomes or empty ſpaces by the greatnes of the heads growing. And that in fewer words I vtter this inſtruction, if ſo be the owner would enioy vnſet lékes, he may beſtowe the Seedes in beddes the thicker togither. If theſe to growe into a head, then the thinner in the earth, and ſhall cauſe them to proſper the better through a daily weeding, and feeding with freſh cow-dung.

The ſeedes ought to be committed to the earth, in the moneths of Aprill, May, and June throughout, to poſſeſſe the hearbes in the Sommer time, in the harueſt, September, and October, for to enioy the plants in the Winter time, but theſe eſpecially require, to be often weeded and dunged, which grow into heads: the Læke ſhall yeeld a far bigger head & ſtem, as after Collumella Rutilius wrote: yea before them both the worthy Greeke Sotion, if in thinne linnen cloutes, or clothes much worne, the owner ſhall beſtow & tie vp many Seedes togither, which ſo handled, to couer diligently with ſoft dung and earth, and immediatly to water them ſo lying in the earth, for theſe thus knit vp (through the running of the Seedes into one) will ſend forth Leekes of a wonderfull bigneſſe, which practiſe alſo may the huſbandly Gardener trie in the other ſeedes of plantes.

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A like experience will come to passe, if the owner bestow a Rape seede into the head of a Leeke, without making a hole, with any Iron instrument, which so handled, set into the earth, for on such wil it growe very big, as both Rutilius and diuers Greeke instructers of husbandry report. There be some, which making holes in the head with a wodden pricke, or piece of Elder Cane, or els Reede sharpned, bestow (in place of the Rape) the Gourd seedes. Others there are, which taking vp so many seedes as they can handsomely retain with three of the fingers, and poured into a thinne reede, doe commit those to the earth, with soft dung couered and laid about which practise doth euen like agree, to the former uttered.

The said Greeke Sotion commendeth and affirmeth, that immediatly after the seedes shall be sowen, the soft earth of the Beddes, be troden with the feete into small and shallow furrowes; and the Beds for three dayes (as if they were neglected) not watered at all, but in the fourth day, to be holpen through the sprinkling of water on the beds, for such wise handled, the blades comming vp, wil growe (as he reporteth) the more bushie and faire to the eye, yet if the owner, betweene the sowing and planting, shall mire sand with the earth, the Blades will shoote vp the fuller and bigger.

The said worthy Greeke Sotion addeth and affirmeth, that if the owner shall eate a litle Cummine seede before, he shall breath forth no stinking sauour at all of the Leeke, although he shall eate a great handfull at a time of the Leekes, for by eating of the Cummine seede is the strong sauour extinguished or put away.

Here out of Petrus Crescentius I haue added, as a matter worthy of the noting, that the Leeke seed throwne into a vessell of wine, causeth that the wine sowreth not, but rather that vineger returneth into wine, that is, putteth away all the egernesse.

This to conclude, conceiue that the Leeke in the eighteenth day after the sowing, to shoote and appeare (for the more part) abone the earth, and to endure for ten yeares, after which time to yeeld seedes, and die.

The Phisicke helpes of Garden Leekes.

THe Léeke, after the minde of the auncient, heateth in the third degrée, and drieth in the second, especially, the Garden Leeke whose séedes may well endure to purpose, for two yeares.

The worthy Gréeke Sotio (of whom wee haue afore mentioned) vttereth, in his singuler precepts and instructions of husbandry, that the Léeke, brused and applyed, to cure the bit of a venemous beast, sooner than any other medicine, and the séedes of it drunke with the licour of raisons, to recouer and helpe the difficulties of making water.

To these, to helpe and stay the long and old spitting vp of blood, if at conuenient times, in two drammes of the iuice, with a like waight of the ponder of Pyrtill berries or Caules, and the meale of Frankinsence the same be drunke.

But the singuler Hippocrates willeth the iuice to be ministred without any mixture at all, and forbiddeth the dayly, or too much eating of Léekes, in that this not onely harmeth and dulleth the sight of the eies, but offendeth the stomacke which shalbe procured the lesser harmefull, if so be the Léeke shall so long be boiled, vntill it become as soft (in a maner) as a pap, for on such wise handled, the same is supposed no lesse to nourish than flesh.

The iuice of the raw Léeke is recited and accompted (with Plinie) among the venemous matters: for the report is, that Mela (a man of worthy birth) accused and sharply blamed of Tiberius for misusing of the office giuen to him of the Prince, who after falling into mightie desperation, and drinking vnto the waight of three siluer pence of the iuice of the Léeke, dyed immediatly without griefe of body. But such like are rather with silence to be ouerpassed, than opened for instruction sake.

But to returne to the Phisicke helps: the Leeke twice sodden before the eating, draweth downe the Termes, procureth vrine, and obtaineth a superfluous heate: the iuice of the Leeke mixed with vineger, applied on the forehead, staieth the bleeding of the nose: the Leeke eaten raw causeth vomitting and is venemous, this also putteth away drunkennesse, being eaten raw.

The iuice of the Leeke taken with womans milke, amendeth an olde

old cough, and the vlcers of the Lungs: the Leeke brused and mixed with Salt, applyed on euill pulses, healeth them: the Leek wrought into pouder, and tempered with the oyle of Roses and vineger, and dropped into the eares, remoueth the griefes of them: the same also profiteth, in like maner applied against the tooth-ach.

The Leeke bruised with hony and applied, purgeth vlcers. A plaster made of the same, and applied on bruised members, doth not only asswage the swelling, but remoueth the bloud clotted.

The iuice of it drunke with womans milke, staieth the flixe of bloud after birth, the same also applied with vineger, ceaseth the bleeding of the nose, if the fine pouder of Frankinsence be added to it, and drawne vp by the Nosethrels.

The iuice of the Léeke drunke with hony, profiteth against pains or aches of the hippes, the iuice of the Léeke taken with honny, recouereth al defaults of the breast and stomacke, the same ceaseth an old cough, and griefes of the breast and Lungs: and it helpeth the dropsie, through the sundry times taking fasting.

Heere I will not omit the practise out of Galen, that the Leekes tartnesse may be abated, and to engender the lesse winde, if the same boyled in two waters, the cold licour in the end be poured forth, and the herbe eaten, by which meanes it is said, that this staieth the flixe of the belly, and to amend a hoarse voice: yea, through the softnes of it, to make smooth the roughnesse of the iawes and mouth.

For to purchase a cleere and sounding voice, Nero accustomed to eate the Leeke with Oyle, in certaine daies of euery moneth, when he contended for the seignorizie of loud pronouncing and vttering of wordes. At which times, he onely tooke or eate nothing, sauing bread, as Plinie writeth of him, which reporteth this to be meant of the vnset Leeke, to which the Prince Nero attributed a singuler commendation.

If two partes of the iuice, with a third part of honny bee mixed, applyed into the Nosethrels or eares, it doth marueilously helpe the greeuous paynes of the head, the iuice applied vp, doth marueilously preuaile against the exulcerations of womens priuie places.

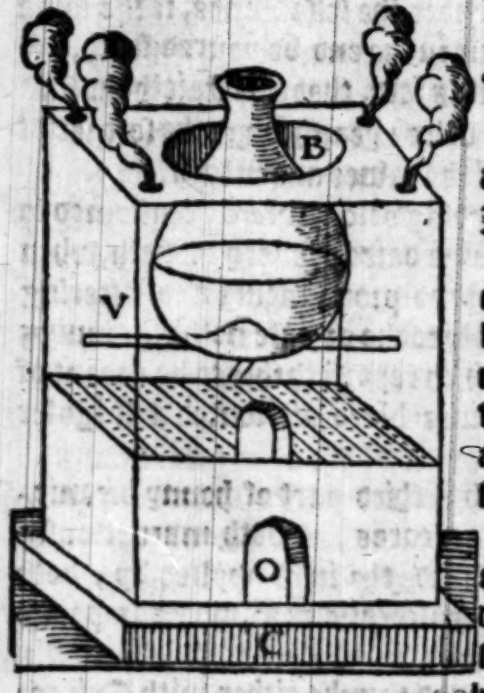
The seedes of the Léeke bruised, and drunke either with Cuite or pleasant white wine, doth loose the difficulties of making water,

and

and openeth the vrinall paſſages: the iuice of the Leeke drunke with wine, doth aid forward the delinery of childe, the Leeke ſeedes, after the bruſing with Pyrre in the iuice of Plantain, is very ſouereigne for the ſpitting of bloud, and ſtaying the bleeding of the noſe.

The iuice of the Leeke powred on ſuch woundes, which are become colde and putrified, doth both cleanſe away the rotten fleſhe, and cureth the wounds: if the iuice be mixed with the roots of white Lillies and annointed warme on the hips, it doth ſpeedely remoue the ache of them: the freſh iuice applyed with ſalt on the newe cuttes or woundes, doth incontinent cloſe them.

The learned Dioſcorides reporteth, that the Leeke moueth & prouoketh the veneriall act, the ſame with honny, in forme of an Eclegma, ſucked or ſuffered to melt downe, cleanſeth and amendeth all defaults of the breaſt, the ſame like vſed, recouereth the waſting of the Lungs: yet the Leeke often, and much at a time vſed, doth burden the ſtomacke, procureth thirſt, and inflameth the bloud.



The commended helpes of the diſtilled water of the Leeke.

The roote onely of the Leeke, being ſhred, is to be diſtilled in a Tin Limbecke, in the moneth of June.

The water drunke vnto the quantitie of two ounces at a time, both morning and euening, is a ſouereigne remedie for the ſpitting vp of cold bloud: this alſo is anailable, being ſundrie times drunke, for a barraine woman.

The water of the Leeke, ſtayeth bleeding of the noſe, if cotten dipped in it be often applied: the ſame drunke amendeth a coſtiue belly, and ache of the hippes, purgeth the kidnies and bladder, procureth vrine, & expelleth the ſtone.

The

The water ſpeedily healeth woundes, if they be waſhed morning and euening with the ſame, this alſo profiteth vnto the exulceration and fracture of womens places, which is woont to happen after the deliuery of childe, if ſo be the places be waſhed with the water, both morning and euening.

What skill and diligence required in the workmanly ſowing and ordering of the Onyon. Chap. 20.

THat the Onyons haue a body compaſſed and compact with manie cartilagies, there is none (I beleeue) which knoweth not.

The auntient huſbandmen (as witneſſeth Columella) named theſe Onyons, becauſe they grew in one round head togither, yet not ioyned togither with ſo many heades round about, as the Garlike, which vnto this day is familiarly named the Onyon of the huſbandmen with vs.

The Onyons for the more part ought to be ſowen in the moneths of Ianuary, Februarie, and March, in a fatte earth, well dunged, moiſt, and diligently trimmed, which ſhot vp to ſome heigth, ought to be remoued in the moneth of Aprill, a good diſtance the one from the other, and theſe further growen, ought carefully to be weeded about, and often laboured to cauſe them growe the bigger, and to defend them (in time of a bluſtering winde) by helps ſet againſt. The worthy Neapolitan Rutilius writeth that the ſeedes deſire to be beſtowed in a fat earth, often turned and raked, moyſt and dunked, and red alſo, as the Greeke Sotion in his huſbandrie willeth: which afore ought to be caſt vp, that it may putrifie through the colde and froſtes in the Winter time, (as the ſkilfull Columella vttereth) after theſe the earth to be dunged, and within two dayes after, the ground leauelled foorth, and caſt or troden into beds, all the rootes and vnprofitable hearbes afore cleanſed out. Theſe workmanly handled in the moneth of March, being a pleaſant and a calme day, the South or Eaſt wind (at that time blowing) the ſeedes ſhall workmanly bee committed to the earth, with Sauerie intermedled betweene them (as Plinie willeth) for ſo the plantes proſper the better. The wor-

thy Greeke Sotion admoniſheth the Gardener which would ſet Onions, to cut away all the hairie rootes and tops of the græne blades (before the beſtowing) whereby they may growe to big heades. Others there are, which onely plucke away the blades nigh to the roote, for on ſuch wiſe they ſend the iuice to the nether partes, to cauſe the head grow bigge: But theſe (after the minde of Rutilius) ought in this maner to be placed or ſet thinne in beds, and both raked and weeded (if theſe not often) yet foure times at the leaſt, as Plinie willeth: who alſo taught, that the ground be digged, and caſt vp three times before the beſtowing of the ſeedes in the earth.

If the Gardener commit ſæds to the earth in the wane or decreaſe of the Moone, he ſhall poſſeſſe ſmall and ſourer ones, if the ſeedes in the increaſe of the Moone, then ſtrong and bigge, and of a moyſter taſt, with the ſoureneſſe maiſtred. But the ſame not to be vnremembred nor ouerpaſſed, that in all the kindes of Onions, the ſame ſomwhat long and ſharpe, is wont to be ſourer than the round, and the red one more than the græne, and the raw more than the boyled, the freſh alſo, more then that ſeaſoned or powdered with ſalt, or the ſodden one.

The Gardener or owner ſhall poſſeſſe farre greater Onions, if when there is a place or roome for the ſetting againe, they be layed in earth well laboured for twentie dayes ſpace, and ſo long left drying againſt the ſunne, vntill all the moyſture be gone or drawn forth by heate of the ſunne, after the inſtruction of the worthy Græke Sotion, which Ruellius (out of Palladius) ſæmeth greatly to miſtake, in that he aſcribeth the ſame to be done to the Dill, and not the Onions, whoſe heads may alſo be bared, by plucking off the vpper ſkin, before the ſetting againe in the earth, to proſper the better, and yæld the bigger ſædes, if they be ſet in the earth well a hand breadth aſunder.

The heades to be eaten before the full ripeneſſe, that theſe may be the ſwæter, ought rather to be ſowen in a moyſt ground, among the yong Plants of the Cucumbers, Gourdes and Melones.

If the owner will rightly poſſeſſe, and gather the Seedes in due ſeaſon: when the græne ſtemmes are ſhot vp high, and yælde bigge heades, they are then to be guided with two ſmall forkes of wood, ſtred on either ſide (as Columella willeth) that the ſtems, through the

the ſtayes ſhoaring them vpright, may not in any bigge winde, knocke the heades togither, to the ſpilling and loſſe of the Seedes on the earth, which are not afore to be gathered, that they enioy a blacke colour, as after the Greekes Columella, and Rutilius like vttered.

The ſtemmes and knops, in which the ſeeds are contained, ought to be gathered in the decreaſe or the wane of the Moone, in a faire and warme time, when the leaues or blades beginne of themſelues to wither and drie, and that the ſéedes beginne to appeare blacke of themſelues, for then ought the ſtemmes to be plucked vp by the roots, which knit togither in forme of Garlands, or otherwiſe bound vp, to be laid in the ſunne to drie and ripen. The Onions will continue long vncorrupted (as the ſaide Sotion hath noted) if ſo the Onions be put into hot water, or (as Plinie willeth) into a ſaltie and warme water, and after laide in the hote Sunne, vntill they bee throughly drie, which let be hidden or couered with Barly ſtraw, and in ſuch manner beſtowed, that neither touch other by any part. In many places, the Onyons be hanged in the ſmoke and in chimnies néere to the heate of fire, and in ſuch wiſe preſerue them a long time.

The auncient and ſkilfull writers of husbandry vtter, that if the Gardener would poſſeſſe Onions of a wonderfull bignelle in the head, the ſeedes of the Onyons put within the ſeedes of Gourdes, which ſo handled, beſtow in moyſt beds, well turned in with dung, into a like bignelle, will the heades of the Onyons increaſe, if the earth digged round about, the ſmall heades of the Onyons, in the heaving or lifting of the earth, ſhall be lifted vp, yet in ſuch manner done, that the heades not quite raiſed out of the earth or plucked vp by the rootes, as I afore vttered to be wrought with the Leeke. The like alſo ſhall the owner obtaine, if boaring the head of an Onion, with a wodden pricke, in ſundrie places, and putting into the holes Gourd ſéedes, he beſtow them togither in a well laboured earth.

But in this place I thought not to omit, that if the Gardener ſhall commit the Séedes of the Onions in due time to the earth, they will after grow into a head, but they ſhall yeeld leſſe ſtore of Seede. But if the Gardener ſhall beſtow litle heads on the ground, the heads wil after wither and waxe drie, and be ſhotte vp into a round ſtemme.

To theſe I adde, that the Onions plucked out of the ground and lying vpon the earth, or hanged vp in ropes, doe continue longer ſound in the ayre, but if wee may credite Ariſtotle in the Sommer Solſtice, theſe, as the Penny-royall, and many other hearbes, doe at the ſame time flouriſh, which may be as if they were of a doubtfull life, that one while taking nouriſhment out of the earth, and another whiles from the ayre. But the Onions lightly bud and ſhoote out, not being in the earth, and ſend forth faire græne blades by occaſion of the moyſture in the heades, but after the ſtemme ſhall be full ſhot out, the heades wither.

To which Plinie wrote, that the Nuts be contrary, in that theſe do abate the ſtrong ſauour of the Onion. I read that many ſkilfull Gardeners vſed to ſowe the Onyons and Garlike neare to Garland floures (but eſpecially the Roſe) to procure them to yeeld a ſweeter ſauour, and the ſame done by the counſell of the auntient and the worthy Plinie, which in my opinion, deſerueth to be followed.

Truely, this one thing is greatly to maruelled at, that the Onyon alone of all hearbes, as Plutarch writeth, receiueth no damage of the Moone, and hath contrary vertues of encreaſing and diminiſhing to her: for the Onion becommeth græne and buddeth forth in the wane or laſt quarter of the Moone, contrariwiſe the encreaſing of Light, the Onyon then withereth and rotteth.

For which cauſe, the Egyptian Prieſts in time paſt, refuſed the Onyon in their Religious meates, where otherwiſe, Fruites, Hearbes, Trees, and Beaſtes, receaue a dammage or diminiſhing and increaſing through the occaſion of this Starre, ſo that the Onyon onely obeyeth vnto the contraris turnes of the Moone, whoſe preſeruing vnto the Winter time, Columella prepared after this manner, hee choſe the Onyons or Scalyons (that are all alike) which be not budded forth, or that greene blades appeared, and theſe dryed afore in the hote ſunne, after which cooled againe in the ſhadowe, by ſtrewing vpon Time or Sauorie, hee then laid them by courſes, with either of theſe ſtrawed betwen in an earthen pot, and by powring the licour vpon, which was three partes of vineger, and one of wine: hee ſtrawed then a good handfull of Sauery (in ſuch maner) that the Onyons were couched or preſſed vnder the Licour, which when they had drunke vp the Licour, and ſeemed

to

to lye drie, he poured vppon and filled the vessell with the like mixture, and in an apt place set the pot to preserue them to vse.

This one thing I will not omit, although the same may seeme childish, in that it is noted by the learned man Cato, who writeth, that the letters drawen and written with the iuice of the Onyon are inuisible, which then shewe and appeare euidently, when the paper shall be heated at the fire: to conclude, the Onyons set in the midle of August in a red earth, do yeeld the yeare following their high stems and sæde, but the worser will those be, which are bestowed in the earth, to serue greene in the Lent time.

The phisicke commodities of the Onyon.

Although the worthy Græke Hippocrates more commended the slight, than the eating of ẏ Onyon, saying that the same in sight to be good and in bodie euill, forasmuch as it is hote and burning: yet I purpose here to entreat somewhat of the Phisicke benefites of the Onyon, and of these, part faithfully gathered out of the Greeke, and part out of the Latin Writers, aswell Phisitions, as cunning and most diligent searchers of husbandly secrets.

The Onyon hath the propertie of heating in the fourth degree, and of a groser substance, as Galen witnesseth.

The Greeke Sotion (both husbandman and phisition) is Author, that if any shall dayly eate the tender Onyon fasting with honny, it shall maintaine the continuance of health: the saide Authour reporteth besides, that the same recouereth and cureth vlcers: to these, that it remoueth the foule spots on the body, being diligently rubbed with it in the Sunne, and to profite the eares running, by dropping the iuice into them. The same annointed, helpeth the swellings in the throat, and these rosted vnder hote embers, and eaten with oyle, do helpe the cough.

The Onyon after the rosting eaten with honny, doth remoone the griefe of an euill stomacke: the Onyon eaten raw harmeth the mẽbers, in that it too much drieth the moisture of the body: the Onyon also eaten raw procureth a rough throat, and swelleth the stomacke: the Onyon notwithstanding applied with vineger on Piles, doth in short time open them: the iuice of ẏ Onyon is profitably annoynted

with honny for the clearing of the eyes, and both remooueth the pin and webbe, and amendeth the bloud-ſhotten eyes, the iuice annointed on a bald place, recouereth the haires ſhed away.

There be which affirme, that the greene Onyon applied with vineger doth helpe the bite of a mad dogge within three dayes, but I rather ſuppoſe that the iuice added with Rue, Salt, and honny, and after the beating togither workmanly applied, to performe the ſame: the often eating of the Onion, harmeth the cholericke, by procuring them hotter and drier in ſtomack: but this is to great purpoſe vnto the flegmaticke, in that it cutteth aſunder, and conſumeth the ſuperfluous humours in them.

The Onion roſted in embers, and applyed with barly meale doth ſtay the dropping of the eies, and helpe the vlcers of the priuities: the iuice beſides dropped with womans milke into the eares, is ſaid to amend the paine and noyſe of the eares. Which alſo many haue giuen to perſons ſodenly ſwollen, by the drinking of water: and they haue proſperouſly giuen the Onyon, to ſuch as are moleſted with the perillous flure Dyſenteria: and theſe applied, haue marueilouſly profited the griefes of the Loynes, and the iuice of them with the iuice of Fennell, expelleth and helpeth the water beginning betweene the fleſh and ſkinne, which togither with the Rue, and honny, recouereth the downe right ſlumbering and ſléeping, and with Raiſons or Figs, applied on impoſtumes, both ripeneth and ſpéedely openeth them.

The Onyons after the roſting vnder hote embers eaten both morning and euening, not onely help the pains of the breſt, but cauſe an eaſie ſpitting vp of groſſe humours, and purge the ſtomacke: the Onion after the mixing with honny and ſalt, applyed on wartes, doth make them ſpeedely fall off, euen by the rootes.

If the Onions be often vſed through their ſharpneſſe, they ingender in the ſtomacke euill humours, procure thirſt, ſwellinges and windineſſe: yea, cauſe head-ach, and to become fooliſh, through the fumoſitie of them, aſcending to the head, and harme the Braine: for which cauſe, the dayly and too often vſing hinders reaſon, & procures terrible dreames, if ſo be a weake perſon newly crept out of ſickneſs, ſhall much eate of them, but eſpecially raw, in that theſe giue no nounouriſhment to the body.

I adde

I adde out of Galen, that of the Onions shalbe twice sodden, ech water separated, and in the third water boyled, to giue a very good nourishment to the eater, being boiled with a fat flesh, and other pleasant spices added. yet are they weaker than the greene in working, although the euilnesse of the iuice no longer remaining, nor felt.

The raw Onyon moderately vsed, according to the rule of Physicke, beateth and cutteth asunder grosse and clammy humours, openeth the waies of the vaines, prouoketh the Termes and vrine, and increaseth the appetite, the iuice also drawne vp by the Nosethrels, or the sauor receiued by the Nose, purgeth marueilously the head.

The Onion is better commended to be eaten, than the sauour allowed, in that the person which daily eateth of the yoong and tender Onions with Honny fasting, shall continue a longer time in perfit healthy and strength.

The iuice remooueth the white spots as well on the face, as body, the iuice applied with Hennes grease, healeth the kybes, galling of the heeles by a straight shoe: the iuice mixed with Hens grease and annointed, remooueth the red and wanne spots of the face, the Onion vsed with vineger, and annointed on scabbed places, both healeth and causeth a cleere skinne: the Onions after the boyling in wine or water, fried in Oyle, and in plaster forme vnder the nauell, asswageth the painfull gripinges and flure, happening to women in child bed: the Onions rosted vnder hote embers, and mixed with leuen and oyle of Lillies, and applied in plaster forme on impostumes, speedily breaketh and procureth them to runne.

The commended vertues of the distilled water of the Onions.

The most chosen and aptest time for the distilling of Onions, is in the first moneth of Haruest, for then ought the rootes to bee shred, and workmanly distilled: this water drunk foure or fiue times vnto the quantitie of two ounces at a time, recouereth the swelling caused by the bite of a mad dog, or other beast: the same drawne vp by the Nosethrels, asswageth the grieuous paine of the head: the water helpeth the ach and paine of the teeth, if they be either rubbed or washed with the same: this also causeth haires to growe in any bald place of the head, if the same be annointed with it; the drinking of the water expelleth wormes.

What

What care, skill, and ſecrets to be learned in the ſowing and ordering both of leſſer, and greater Garlike. Chap. 21.

THe Garlike much deſired, and often eaten of the huſbandman, with fat beefe, and other ſodden meates, ioyeth in an earth eſpecially white, diligently digged & laboured without any dung beſtowed in it, whoſe cloues broken off from the head, ought to be beſtowed on the borders of beds round about, well a hand-breadth a ſunder, about the ſame time when the Onions are: and theſe with the beddes or little ridges made (in forme to ſuch in the field) to be high raiſed, whereby the plants comming vp may the leſſer be harmed with the ſhowres falling, and the naturall moiſture conſiſting in the earth. The cloues ſet in the ridges and borders of the beds may not be deepe, nor the earth raiſed on them like to hillockes (as many doe) but in an euen manner, and vnto the middle ioynts beſtowed, which when they ſhall haue yeelded or ſent vp three blades, then theſe to be diligently weeded about, for through the often doing they encreaſe the better, and yeeld a bigger head.

The Neapolitane Rutilius (writing of the Garlike in his inſtructions of huſbandry) willeth that the Seedes to be committed to the earth in the moneths of November, December, Ianuarie, and Februarie, in a ground well digged and laboured, and the ſame white, without any dung beſtowed in it, beſides the earth the ſame time indifferent drie, and in a warme day, for the ſeedes on ſuch wiſe handled, are cauſed to proſper and yéeld the better. Although the learned Plinie ſeemeth to write that the Seedes beſtowed in the earth doe ſlowly come vp, whereby theſe in the firſt yeare, onely yeeld a head no greater than a Leeke, but in the ſecond yeare, they growe deuided, and in the third yeare come to their full growth and perfection, and ſuch ſome ſuppoſe to be the fairer and ſeemelier.

The ſeedes of the Garlike with vs, better agree to be beſtowed in the moneths of September, October, Februarie, & March, in a earth white, indifferent dry, and well laboured without dunging. If any happen to remaine in beds (as Rutilius reporteth) after ỳ ſeedes full ripe

ripe and gene , those then renew in the yeare following of the owne accord, both in the rote and blade, yéld sædes the same yeare, which may after bee sowen in well laboured beddes, to send forth grœne Garlike. If the owner would possesse Garlike both great and bigge in the heade, then before the same bee shotte vppe into a stemme, he must workemanly tye all the toppes of the grœne blades to an other growing next to it, which after tread softly downe with the fæte.

The worthie Rutilius willeth, that when the stemme beginneth to appeare, to cover the same with earth after the treading downe, which in such maner to forese, that it encrease not into a bushe or many blades, this so handled in the hard treading downe, to be daily applied that the iuice may run to the rote, and cause the head to wax the bigger. The like of which Plinie in his first time experienced. The worthie Sotion in his Grœke obseruations of husbandry: and also Rutilius with certaine others report, that if the cloues of Garlike heads be committed to the earth, & the like pulled out of the grounde, when the Moone shall be discending and vnder the Horizone (as hid to vs) that the stinking sauour will in a maner be extinguished, so that the breath of the eaters, shal very litle be felt: which Plinie séemeth somewhat other wise to vtter, instructing that the heades (vnto the same purpose) ought to be bestowed when the Moone shalbe vnder the earth, and to be gathered when the Moone shall be in coniunction with the Sunne.

The said Grœke Sotion séemeth to affirme, that the Garlike heads may be caused to grow swéet of sauour, if in the setting the kernels of Olines (after the ioyning with them) bee bestowed together in the earth, or the sharper endes blunted on some stone, and then committed to the earth, or else in the setting, that lies of ỳ Olines be bestowed with the cloues. The singuler Didymus (Ruellius noting the same) vttereth, or rather Sotion (as the greek copy sheweth) ỳ the lothsomnesse or stinking sauoure by the eating of Garlicke heads is abolished or put away, if the grœn and rawe Bean be sowne after eaten. Others there are, which wil the rote of the Bæte to be eaten, after the rosting vnder hote embers, affirming the same to bee sufficient to remoue the strong sauour: Also with the like remedy Menander one of ỳ grœke writers witnesseth, as Pliny writeth of him, ỳ sauour to be dissembled

and hid. Our later writers of huſbandry and Phiſicke report, that the ranck ſauour of Garlike may be extinguiſhed, with the onely eating of græne Parſly blades.

The commodiouſer and apter time for gathering of the Garlicke heads is in the decreaſe or wane of the Moone, the day being dry and faire, when the blades be withered, that they leane or hang downe.

Many of the auncient writers of huſbandry vtter, that the Garlike heads will endure a long time, & be to better purpoſe afterwards, if they be either hidde in chaffe, or after the tying togither hanged vp in the ſmoke. There be others which after the infuſion of the heads a while in warme ſalt water, and letting them dry, do likewiſe hide them in the chaffe.

But the heads handled after either maner, do for the more part remaine barren, or proſper not after the beſtowing in the earth. To others it was ſufficient to haue dried them ouer the heat of the fire, that they might after grow. The learned Plinie vttereth, that thoſe heads of Garlike be of a ſower taſte, which poſſeſſe the more cloues round about, and he addeth that no more lothſomneſſe or ſtrongneſſe of ſauour doth conſiſt in them after the ſæthing, than in the Onion like ordered. Nor he omitteth not, that the Garlike heads afore eaten, to be in ſtæde of the white Mælwort for the Pioners, if they minde to auoide and eſcape the hazard of death. There is another wild Garlike, which the Greeks name Ophioſcoridon, in Engliſh Ramſies, growing of the owne accord in the fallow fieldes, through which the Kines milke by fæding on the græne blades, is cauſed to ſauoure of the Garlike, yea the chæſe made of the ſame milke, doth render in the eating the like ranckneſſe of ſauor. The huſbandmen name this both the wilde and ſerpentine Garlike.

This Garlike on ſuch wiſe boyled, that it may not growe againe, and beſtowed in beds, doth greatly auaile againſt the harme of birds to ſeedes as afore is vttered in my firſt part, there writing, that the ſame of Plinie is named Alum. But here commeth to minde a marueilous matter, not to be ouerpaſſed, which is that neither the Meaſell or ſquirrell will after the taſting Garlike, preſume to bite anie foules, by which practiſe, Pullets and other foules in the night being ſprinckled ouer with the licoure of the Garlik, may be defended from harme of either of theſe.

There

There is yet a matter more worthy the remembrance, & the same far maruellouser, which Volateranus vttereth, that in his time happened a husbandman to sleepe open mouthed in the field by a hey cocke, cast vp in the Haruest time, which when he had vnwittily suffered an Adder to crepe into his bodie, with the eating incontinent of Garlike heads, was (as by a certaine preparation against poison) deliuered, yet the venome and death of the Adder, consisting or remaining within the bodie distilled and shead forth in coeating, a matter to be maruelled at of the wise.

But this also is maruellous in the Garlik, that if it be boiled with a Salte lycours, the same doeth effectuously destroy the mites or little wormes in either peasons or beanes, so that the walles and flores of the barnes be wet with this mixture. Here also I thought not to ouerpasse the meruellous discord of the Adamant stone and garlike which the Greeks name to be an Antipathia or naturall contrarietie betweene them, for such is the hatred or contrariety betweene these two bodies, (lacking both hearing and feeling) that the Adamant rather putteth away than draweth to it Iron, if the same afore be rubbed with Garlike, as Plutarchus hath noted, and after him Claudius Ptolemæus. Which matter examined by diuers learned, and founde the contrarie, caused them to iudge, that those skilfull men (especially Ptolomie) ment the same to be done with the Egyptian Garlike. Which Dioscorides wrote to be small Garlike, & the same sweete in taste, possessing a beawtifull head, tending vnto a purple colour. There be which attribute the same to Ophioscorido, which Antonius Microphonius Biturix, a singular learned man, and well practised in sundry skilles, vttered this approued secreate to a friend whom he loued. And the same as last, shal here be placed, that diuers Garlike heads hanged on the branches or trees, do driue far off birds from the spoyling of fruits, as the like Democritus noted in the greek instructions of husbandry.

That the big Garlike named of certaine skilful Authors the Affrica Garlike, is of far bigger encrease, than ỳ Garden Garlike with vs, Which the worthy Greek Sotion, Columella, and Rutilius instruct, that the cloues to be broken from the head, and bestowed in a white ground, well laboured and dressed without any dung, and set in high ridges of beds, to the end ỳ naturall moisture of the earth, nor shoures

falling may offende.

The time commended for setting of the cloues, is in the monethes of January, February, and March, but some will to bestow them in the earth, from the beginning of October, vnto the ende of Nouember, well a hand breadth a sunder, and vnto the middle ioynts, or rather a finger deepe in the earth, which growen vp to some heigth, to be often weeded about, and the earth diligently raked, whereby the plants may the better prosper.

These further growen vp, the skilfull teach, to tye the toppes of the blades, by two & two together, which done, to tread the blades downe with the foote, that the iuice by the same meanes may run to the roots to increase the heades bigger.

The other instructions needefully to be learned, may the owner conceiue by the former taught of the garden Garlike, which for the Phisick benefits deserueth a place in euerie ground, especially in the husbandmans Garden.

The Phisicke helpes and commodities of the Garlicke.

THe learned Plinie seemeth to me, not to haue vnaduisedly written, that the Garlike doth serue vnto many vses in Phisicke, & to the husbandman especially is profitable, for which cause of sundry it is rightly named, the husbandmans Triacle.

This (according to the agreement of the skilfull) heateth and drieth in the fourth degree, the Onion, Garlike, and Leeke (as the skilfull Aegineta witnesseth in his first book) indued with a soure vertue, doth heat the bodie, extenuate and cut the grosse humours in the same, yet the Cholerik ought to beware ỹ they doo not too often eate the Garlike, especially in the Sommer time and hote seasons, for at such times the Garlike inflameth and dryeth the body, and increaseth both the red and adust Choller, the worthy Greeke Sotion (principall of the writers of husbandry) vttereth, ỹ the Garlike eaten with meat, or hanged against the region of the stomack, doth expell wormes in ỹ bodie, & applied in plaister forme, preuaileth against ỹ bite of either snake or adder. The heads burned & mixed with hony, and the same applied, doth remoue the black and blew spots, and cause a faire coulour.

The

The Garlike eaten, putteth away the inward swelling of the bodie, softneth and openeth impostumes, and draweth forth matter, being afore sodden, and applyed thereon.

If the head be annointed with the iuice of Garlike, it killeth both lice and nits. The Garlike also is drunke to great purpose, with the decoction of Organie (as Dioscorides witnesseth) against lice and nits of the heade.

The heades eaten do moue vrine, and are supposed to amend the defaults of the kidneyes: and a cloue holden in the mouth, ceaseth the toothach, proceeding of a cold cause.

The ashes of the Garlicke heades, after the mixing with hony, annointed, stayeth the shedding of haire, in the same maner vsed, amendeth the defaults or spots of the skinne. If the ashes be strewed on foule vlcers, which are open, it speedely cureth them.

The ashes of the heades, after the diligent mixing with hony and May butter, annointed, doth in short time remoue the foule scabs, and Leaprie, and cleareth the skinne, if the same be dayly exercised in the bath or hote house.

The Garlike tenderly sodden and eaten, procureth a cleare voice, and recouereth an old cough, and correcteth the stomacke cwled, the same mightely dryeth vp the moisture of the stomacke

If any shall afore eate of the Garlike, he shall not be endamaged by the bit of a venemous worme or Serpent, the Garlike bruised and applyed on the bit, doth spedely cure it.

And the same in these maruelous (as writeth the skilfull Serapio) that although the heades eaten, doth helpe the sound sight of the eyes, yet do these comfort and relieue the dulnesse of sight, through the moisture consisting in them. The boyled heades eaten with oyle and salt, do cure the mattering and breaking forth of whelkes, and remoue both pimples and tetters. As well the rawe as boyled heades eaten, do remoue an olde cough: but the boyled heades eaten are farre more profitable then the raw, and likewise the sodden, then the rosted: and on such wise to the voice they do more profit and helpe. The person which shall afore haue eaten sundrye Garlike heades, if he after happen to drynke poyson, shall not be harmed by it.

The heades with the greene blades boyled in wine and drunke

doth not onely moue vrine, but procureth the termes, and draweth downe the afterburden, if ỹ bellie afore be annointed with it: the like also may a smoke of the Garlike procure, if a woman sitting in a hollow chaire, and couered close about with clothes, receiueth the fume. The Garlike bruised with the figge trée leaues, and Camomil floures by a like quantitie, and applyed in plaister forme, doth cure the bite of a mad dog, or other beast.

The person which weakly digesteth meat eaten, through the coldnesse of the stomacke, shall find great helpe through the sundry times eating of the sodden herbes with oyle and vineger.

Paxagoras vsed the Garlike in wine, against the kings euil.

Hippocrates supposeth the after burden to bee drawne downe through the sitting ouer the smoke, and Diocles, frensie persons they doe greatly helpe, if they after the boyling shal be eaten, and the same the dropsie persons, boyled with Centorie: and the Garlike eaten, stayeth the flure of the bellie, which the skilfull report, the greene more effectuously to performe, bruised and drunke in pure wine with Coliander.

For an old cough procéeding of a cold cause, let the soles of the féete, paulmes of the hands, and chyne of the backe, be diligently annonyted with Barrowes grease, finely tempered with thrée heads of Garlike cleane pilled.

The Garlike eaten with fresh butterer, or applyed in plaister forme on the stomacke, doth in short time kill the wormes in Childrен.

The Garlike boiled with vineger and drunke with water and honey, expelleth the brode wormes in the bodie, and what other harmefull créeping thinges in the bowels, the heades boyled with oyle, and applyed in plaister forme, doth cure the bit of venemous thinges, in what part so euer the same happeneth.

The harmes and swellings of the bladder, are remoued with this ointment, if it be sundry times applied without.

The Garlike boyled with milke, and eaten, doth heale the vlcers of the Lunges.

The Garlike boyled with Centorie in wine, and sundry times drunke, remoueth the dropsie, gathered of a cold cause. The Garlike bruised & mixed with Coliander, and on such wise taken with wine, helpeth

helpeth the griefe of the Lunges, and difficultie of the vrine. The heads boiled and bruſed with beanes, and tempered either with oile Oliue, or oyle of Poppie, and of the ſame an ointment made, remoueth head-ache, annointed on the temples.

There is no better thing for the toothache proceeding of a cold cauſe than to waſh and retaine for a time, the decoction of the Garlik, three cloues bruſed in vineger, which vndoubtedly ceaſeth the paine.

The heades alſo boyled with vineger and Nitre, doe remoue the itch, and taken in a white broth, ceaſeth the grieuous paine of the going often to the ſtoole. A Garlike head after the boyling in ſweete wine, with a halfe penie weight of Beniamine drunke, doth in ſhort time expell the quartaine.

The ſame bruſed and mixed with freſh butter, profiteth very much the pyppes of Hens and Cocks.

The perſon hardly making water, and ſubiect to the ſtone, ſhall greatly be eaſed of the grieuous paine, by eating of Garlike ſundry times.

The worthie Galen vttereth, that the heades tenderly boyled in two or three waters, do remoue the ſourenelle of them, but heſe then yeelde a very ſmall nouriſhment, in reſpect of the raw eaten with vineger.

The inconueniences of Garlike out of Plinie

The defaults of the Garlike are (as Plinie writeth) that it dulleth the ſight, cauſeth windineſſe, harmeth the ſtomacke and much at a time eaten, cauſeth thirſt.

So that for all cauſes it is better cõmended ſodden than raw, and boyled than roſted.

The Garlike boyled and roſted, brought to fine pouder with Paſticke and Pellitorie, if the mouth be waſhed with the ſame decoction, doth maruellouſly helpe the toothach.

The Garlike profiteth crafts men, huſbandmen, and the Fleumaticke, and thoſe which for the more part drinke water, and both vſe cold meats and hard of digeſtion.

The

The Garlike auaileth againſt the infections of waters, mutation of places and other contagious ayres (which haſtely annoy) by the eating afore of it, in ſuſpect places.

As touching the Affrica Garlike, the ſame may ſerue vnto all the diſeaſes and griefes in a maner, which tofore are written of the garden Garlike.

The commended vertues of the diſtilled water of Garlike.

The heades with the greene blades finely ſhredde, ought to bee diſtilled in the Canicular or dogge dayes, in the tinne Limbecke.

This diſtilled water, helpeth the ſwellings in the throat, if a linnen cloth wet in the ſame, be workemanly applied, and drunke, vnto the quantitie of two ounces at a time, or gargalled ſo often in the mouth and throat, vntill the patient be better amended.

The water drunke euerie morning faſting, vnto the quantitie of two ounces at a time, doth marueilouſly amend the greene ſickneſſe, and ſwelling of the Splene, being vſed for twelue or fourteene dayes ſpace.

The water alſo drunke, profiteth vnto all the ſaide ſickneſſes and griefes, which tofore are vttered of the blade and rote.

What care and skil is required in the ſowing and ordering both of the Scalion and Squile Onion. Chap. 22.

THe Scalions better proſper and come vp, being ſet then ſowne, for when they are committed to the earth in the ſeedes, the owner may not hope for a ſeemely growth of them, before the ſecond yeare. The owner may beſtowe the Scalions in well dreſſed beddes, from the beginning of November, vnto the ende of Februarie, for to enioy the proper yeelde the next Spring following: and they require to bee likewiſe ſet in the ground, as afore taught to the Garlike.

But

But they are to be plucked vp to vse, before that the March violetts be in their full pride and florish, for if these be longer suffered, as vnto the time of the perfit flourishing of the violets, they are then founde feeble and withered. And for to know when the Scallions are ripe, it behoueth the Gardener to marke whether the blades beneath be withered, for on such wise seene, denoteth the full ripenesse of them. And to possesse Scallions with bigge heads, it behoueth the Gardener, to bestowe rounde about the rootes soft Cowe dung, and to water them often, which growen to a reasonable heigth, hee must also treade downe and order as afore vttered in the vsing of the Leeke.

The Squil Onion better commeth forward in the Garden, being set with the head, than sowen in the seed, for when the seeds are committed to the Earth, they yeelde slowlye their seemely bushe and heads.

The owner may bestow the heades of Squill Onions in well laboured and dressed beddes, so that the ground be of a dry nature, and tending vnto a Saltnesse, whether grauelly or sandie, for they desire a like diligence to be bestowed on them, as is afore vttered of the Onion and Garlike.

The antient and latter writers report, that there are two kindes of the Squil Onion, as the Male & Female, the Male yeelding white leaues, and the Female black. This strong by nature, will continue in the hanging vp (in a shadowie place) a long time green, & it lightly groweth (as Theophrastus writeth) bestowed in dry earth, & speedily shooteth vp to a heigth, it keepeth fruits to be preserued, especially Pomegranats, the stelkes afore broken off: and this is said to beare floure thrice in a yeare, foreshewing by it, the three seasons of committing seds to the earth, as the first time of bearing floures, to signifie the first time of plowing, the second time of floure bearing, the second time: the third, the last time: for how many times these appeare, euen so often is the earth accustomed to be laboured.

The floure also of the Squil Onion (as Bertius writeth) shooting vp in a straight stemme, if so be it doth not hastily wither, signifieth the large or plentiful yeeld of fruits.

The Phiſicke helpes both of the Scalion and Squil Onion.

As touching the benefit of the Scallions, there is no other aide nor profite to be hoped after, ſauing that theſe yeld a more delight to the mouth, than the health of the bodie, for the Scallions ſerue to no other purpoſe, than to ſtir vp or moue perſons vnto the veneriall act.

The Squill Onion hath the vertue of heating in the ſeconde degrée, and cuttyng eſpecially of the toughe matter in the ſtomacke.

The Squill Onion vſed raw, is very hurtfull to the bodie, eſpecially to the inward members or partes, for which cauſe, the Squill Onion is not inwardly to be taken, except they afore be either roſted or boyled, or by ſome other manner prepared.

The worthieſt force of the ſame in Medicines is, by ſharpning it eſpecially with Vineger, for which cauſe (being ſo prepared) named the Squiliticke Vineger, the making of whiche is after this maner.

Take the heades cleane pilled from the outward ſkinnes, thoſe (after the ſhredding) hang in a Sunnye place, being ſtytched through with ſmall Packthrede (in ſuche manner) that the partes bee a pretie diſtance aſunder, which like handled, let hang for forty dayes ſpace.

The drie péeces after beſtow into a Hogſhead of moſt ſharpe Vineger, but in ſuch maner that theſe of no part touch the veſſell. The Hogſhead after couered ſo cloſe, that no vapours may breath forth, and ſet into the hote Sunne.

After the xlvii. day, let the veſſel be lift vp, and the pieces taken forth, which done, the owner ſhall then poſſeſſe a moſt ſharpe Vineger.

There are others, which make the Squiliticke Wine after this maner: the pieces of it ſhred, they beſtow into a veſſell of Wine new made (that being put in) it may on ſuch wiſe beat togither, and they vſe this wine to thoſe purpoſes, as the Vineger.

The Phiſicke commodities of the Squill Onion are (as the learned

ned Conſtantine, in his Booke de gradibus vttereth) to amend the dropſie perſons ſuch fetching the wind hardly, the defaults of the Liuer and Milt proceeding of clammy humors.

The perſons ſicke of the Ague, and hauing exulcerations or oſes within the bodie, ought to refraine the taking of the Squiliticke vineger. For the Squiliticke vineger or wine, purgeth groſſe fleume, and corrodeth, procureth the going to the ſtoole, and vrine, & cauſeth vomitting.

The ſquill Onion (after the mind of Dioſcorides) is roſted after this maner, this wrought in paſte or clay is ſet into an Ouen, or couered with coles, vntill the paſte or cruſt about it be ſufficiently baked, which drawen or taken foorth, if the head be yet not ſufficiently ſoftned, then after the couering of it with paſte, the ſecond time, and ſet in an Ouen, bake the ſame throughly.

The Onions are alſo kindly baked or roſted in an Earthen potte, the mouth well ſtopped with dowe or courſe paſte, and ſette into the Ouen.

This beſides cut into rounde pieces, & after the ſtitching through with Packthred, that theſe be a prety diſtance aſunder, hang in the ayre from the Sunne beames, for on ſuch wiſe handled, it ſerueth to the making of the oyle, vineger, and wine.

The ſingular Dioſcorides teacheth the manner of boyling the Squill Onion, after this ſorte: Take the middle partes (the outwarde ſkinnes pilled away) whiche after the ſlycing into partes and boyled, throw the firſt water foorth, on which poure other water, boyling in lyke condition, and this ſo often do, vntill no more bitternelle nor tartnelle in the water bee felte: after theſe, the ſlices hanged vppe, and dried in the ſhadowe, as aboue vttered, whiche done, if halfe a dramme of the fine pouder be ſucked downe with Hony, the ſame amendeth the long continuance of the hard fetching of breath, and olde cough, and the griefes both of the Liuer and Mylte, yea the dropſie and Jaundiſe. The lyke woorketh the Squiliticke Vineger, and the ſame expelleth woormes, and other corruptions in the bodie.

The Oximel made of the ſquiliticke vineger, expelleth Melãcholy, remoueth the Apoplexie & falling ſickneſs, breaketh & ſendeth forth the ſtone, ẏ ſame alſo purgeth ẏ Matrice of clamme humors, and helpeth

the ache in the Hippes. The Squillitike vineger fastneth thetæth, by sundry times washing and rubbing of them with it, and amendeth a stinking breath.

The same dropped into the eares, removeth the clammy humours hindering the hearing. The oile in which the squil Onion shal be steéped, annointed on places, putteth away wartes, and cureth both the chops & cliftes of the feete: the same annointed on moyst or running scabs, healeth (or at the least) correcteth them, putteth away the dandrie of the head, and profiteth annointed on the bite of Serpents, and other venemous wormes.

The squill Onion containeth in it an oyle which is blacke: this oyle tempered with Hony, and annointed on a balde place, procureth haire to grow. The squillitike vineger holdē in the mouth, amendeth the corrupted and foule gums. The same used, procureth a cléerer sight of the eies, healthfull and profitable it is to the griefs of the sides and stomack, if a litle be taken twise a day, but hastily drunk down, it ouercometh the partie for a while.

The squilitike Onion boiled in wine and drunke, expelleth all the inward diseases of the bodie, and helpeth especially a hote and corrupt Liuer.

The Squil Onion prepared in the aboue-said manner, and boyled with Wormwood and Mastick in water and vineger, and sweetned with Sugar, helpeth vnto the stopping of the Liuer and Milt, recouereth the kings euil and dropsie, mightily causeth vrine, draweth downe the terines, and expelleth the dead youngling. If Mice happen to drinke of the water, in which the squilitieke Onion shall be steéped for a night, they soone after die.

The distilled water of the squil Onion, mixed with meale which Mice willingly eate, and bestowed in such places where they haunt, doeth in short time kil those which eate of the same.

What

What care and skill is required in the preparing and ordering of the Garden Saffron. Chap. 23.

AS touching the garden Saffrone, it loueth to be bestowed in a meane and chalkie ground, and euermore well laboured, and it may very well be set in the beddes, where the Onions haue bene newly plucked vp. The Saffron refuseth watering and moisture, for which cause the beades ought to be set in beddes betweene which furrowes be made, that these may receiue the moisture falling, which they greatly feare. Besides these the beades are much endamaged through the resort of Mice, and Moles, which greatly couet to feede on the rootes or Onions of the Saffron.

The remedies against these two noyous beasts, are fully taught in my first part, which the reader may resort vnto.

The beades are rather to be bestowed in the earth, than the seeds, in that the seedes (after the committing to the earth) prosper not.

The heads are to be set on ridges, in the moneth of Aprill or May, and the heads laide on a heape, to lye and wither in the shadow from the Sunne beames, for the space of eyght dayes before, which done, to set them with the hairy rootes in the earth well laboured and dressed and at length one by another, well halfe a hand breadth a sunder, and three fingers deepe. Certaine there are which will them to be set for the better yeld, after the midst of August, vnto the middle of September, letting these to remaine for two or three yeares, and that euery yeere in the month of Aprill and May the leaues or blades then dry, to breake off orderly, the other prospering to weede about, and to raise the earth after, two fingers deepe, but in such maner, that the heads be not touched.

After that the hearbs be sufficiently cleansed, when as the flowers be withered and dead, especially in August and toward Haruest, which flourish not aboue a moneth, then these are to be gathered in the morning after Sunne rising, and after the drying by a gentle fire to be kept together in bags of leather, in a close and dry place.

And this one thing as marueilous, is worthy to be noted, that the roote or Onion standing quite out of the earth, yeeldeth notwithstanding

standing the proper floure of continuance but a day or two after the full opening, at the season of the yeare: but the head afterwards (as deprived of nourishment) withereth and rotteth.

The blades be fresh and greene all the winter through, in that the heads be full of iuice, and sufficient strong to endure the cold season. When the Saffron is set, and in the third yeare digged vp, there are found about each head fiue or sixe heades growing, and ioyned together within the earth

The best Saffron is the same, which is fresh and new, and excelleth in the goodnesse of colour, in such maner, that the tops in which the seeds are contained be white, and mixed with a rednesse: the chine also is not lightly broken, and rubbed in the hand, colloureth the skin, and is in sauour comfortable, with a great sharpenesse. And this is named the Orientall Saffron.

The Phisicke benefits and helps of the Saffron.

The Saffron hath the propertie of heating in the second, and drying in the first degree, as Aegenita witnesseth. The Saffron endureth for fiue yeares in perfect strength, being close kept in a lether bag, and set in a dry place.

Take a scruple of good Saffron, or the third part of a dramme, and halfe a graine weight of pure Muske, this mixed together with the best and hote wine, drinke fasting, for it is a singuler remedy against the hard fetching of breath, of what cause soeuer the same shall happen.

The Saffron procureth a fresh and faire colour to the drinkers of it, it comforteth the heart: purgeth and causeth healthfull blood, and remoueth poysons from the heart. Taken in meate, it causeth a long and easie breathing, and helpeth the Asthma.

Against the infection and plague inwarde, many after the torrifying of the Saffron, Triackle and Mustard seede in an emptie eges shell close stopped, doe make an electuarie with other spices adioyned, which after the taking expelleth the poyson or infection by sweates.

The vse of it profiteth impostumes in the brest, & those that be short winded, it amendeth the milt, moueth the veneriall act, and causeth

wine, this also auaileth against the vehement aking and paines of the head, if such a plaister bee made with the same: take of Saffron, Gumme Arabicke, Euphorbium, and Myrhe, of eache a like weight, these after the finely working to pouder, and tempering with the white of an egge, apply in the plaster forme to the foreheade, for this without doubt auaileth.

The Saffron taken either in meate or drinke, procureth vrine, & the Termes, this also amendeth the yelow Iaundise, drunke especially with sweete wine or Malmsey: this giuen beside to an vlcered brest, stomacke, liuer, lunges, kidneys and bladder, greatly profiteth.

For the greiuous paine of the Goute, take a quantitie of Saffron, which with the yolke of egs, oyle of Roses, and Rose water, an ointment made, apply with a feather on the grieued place: the Saffron with crums of white bread and milke, after the boyling together, applyed in the forme of a pultise, on swellings, impostumes, and vlcers, doth greatly aswage both the swelling and paine, yea mightely softeneth and breaketh impostumes.

If with Opium, barly meale, milke, and the white of an egge, an ointment be made after arte, and annointed on any painefull & sore place, it doth aswage the griefe in short time. The Saffron (as Vitalis writeth) doth greatly amend the feebling of the heart, and weakenesse of stomacke. The Saffron comforteth palsey members, and softeneth the hardnesse of parts: for the which cause, the same named Dricrocie, is right profitable. The saffron remoueth the griefe of the eyes, either of blood or other blemish, if with Rose leaues brought to pouder, and mixed with the yolke of an egge, the same be applyed in plaister forme on a linnen cloth to the eye. The Saffron remoueth all swellings and griefes of the eies, if the same be especially mixed with wine, and applyed in plaister forme.

The Saffron is profitable mixed with womans milke & annointed, for the distilling of the eies. The Saffron remoueth drunkennes, drunke with Cuite. The person also which shall drinke the pouder of Saffron in wine, shall not be ouercome by drinking. This beeing is very profitable for remedies of the eares.

What

What skil, care, and diligence, is required in the workemanly sowing and ordering of the Nauewe.
Chap. 24

THe Nauewes and Turnups, are sowne after one manner in earth well turned vp, and orderly dressed, or if the owner will in earable ground, and will endure in a maner any ayre: yet these desire a dry ground, rather leane and grauelly and diligently turned vp.

The seedes well prosper, bestowed in a fine poudered earth, well laboured afore: and to possesse faire Nauewes, let not the séedes be aboue thrée yeares old: for being elder, the séedes run into Coleworts. If the plants in the comming vp appeare too thicke together, the owner may plucke them vp, and set them thinner in other well dressed places. These also in the growing vp, ought diligently to bee weeded and the earth to be digged about, and let the greater and fairer still grow, to possesse their seeds, which in the moneth of August, diligently bestow in a well laboured earth.

To commit seedes to the earth, the owner ought to stay vntill the ground be well moistned with showers, for bestowed soone after, they prosper and come the speedier vp: But the owner or Gardener ought in any case to take héede, that he bestow not the séeds in any shadowie place, for the shadowie places are disagréeable and hurtfull to the plants, although the ground be good, fertill and well laboured.

The propertie many times of the ground doth alter the Nauewe into a Turnup, and the Turnup into a Nauewe.

The owner ought to gather the Nauewes in the moneth of Nouember: and to possesse them all the winter time, he must bury the roots in sand lying in a seller, that he might not onely eate of them in the winter time, but all the Lent through.

The worthie Nauewes be those, which are rather long, & as they were crisped, and not big, and possessing few roots, at the most but one séemly root e, and the same straight and sharpe downwarde.

There be which make a singuler cōposition of the Nauews, with Radish rootes, a litle Salt, Hony, Mustard, delectabler spices, and Vineger: yea the same may be made without spices, both wholsome and profitable.

The

The Phiſicke benefites of the Nauewes.

THe worthy Galen reporteth the Nauew to be hote in the ſecond degrée, and moiſt in the firſt.

The Nauewes tenderly boyled, doe nouriſh much, yet euilly or hardly digeſted, and they make ſoft fleſh, and the ſame puffed vp, yet this leſſe than the Turnup, who afore ought to be boiled in water, and that firſt water after the boiling powred forth, then into a ſecond water beſtowed, diligently boile them, for the hardneſſe of their ſubſtance, will well be tempered, and meanly ingender a nouriſhment betwéene good and euill.

The Nauewes which are not throughly boiled, doe euilly digeſt, and procure a windineſſe in the body, beſides a ſtopping in the veins, and naturall powers: for which cauſe, theſe yeeld a more commoditie to the ſtomacke, and digeſt better, being twice boiled in faire water, and ſhifted a third time into a moſt fat broth, where boyled vnto a ſufficient tenderneſſe, and then eaten, there be which boile them a third time in new Cow-milke, for the better digeſting.

The Séedes confected with Sugar, and eaten, encreaſe Sperme in man. But the Séedes braſed and drunke, doe eſpecially auaile againſt poyſons, for the which cauſe, theſe are profitably miniſtred with Triacle.

What care and skill is required in the ſowing and rightly ordering of the Rape and Turnup. Chap. 25.

THe Rapes bée not much differing from the Nauewes and Turnuppes, ſauing that theſe be bigger, and ſwéete in the eating. For the Rapes or Turnuppes bée much greater, and in the eating pleaſanter than the Nauewes: The Rapes require a like ordering and dreſſing of the Earth, as afore vttered of the Nauewe, which for trueth ought to be rather ſowen in the Moneth of September, than in anie other time, in a moyſt Earth, well dunged, diligently turned in and redreſſed: for by that by meanes they proſper and come the better forward, and are cauſed to be fairer, tenderer, bigger, and ſwéeter of taſte through the colde ſeaſon following,

like as the hoarie froſtes, ſnow, and colde miſts, than in the dry and warme ſeaſon of the yeare.

After theſe be come vp, and readie to be remoued, the owner muſt carefully ſée vnto, that the leaues be not gnawen neither of ſpiders, nor by any other vermin or wormes, and for the auoiding of like annoiance, it ſhalbe profitable for the Gardener (well a day before the committing of the Seedes to the earth) to mixe the Séedes with the pouder or duſt of planke boords, or rather with the ſoote of a chimny, which after wet with water, to the end the Séedes may receiue ſome moyſture, and being thus ordered, beſtow the whole togither in the earth the next day following.

The ſkilfull Neapolitane Rutilius reporteth that the Rape or turnup (as the Nauew) proſpereth vnder euery aire, and deſireth to be beſtowed in a fat and looſe earth, and the ſame to lóſe, that it in a manner falleth to pouder, whereby the Seedes may proſper, and come the ſpædier forward.

The ſeedes alſo are to be beſtowed with fine poudred earth, to the end the plants may not come vp too thicke togither, about the end of July, vnto the midſt of September: and if raine happen not the day before, then the day following, moiſten the ground with water gently ſprinckled vpon.

If the ſeeds committed to the Earth be beſtowed thin, the plants in the comming vp (by diligence of the Gardener) will increaſe the bigger, for which cauſe, where the plants grow thick togither, & theſe come to ſome ſtrength, the owner may pluck vp ſundrie, and beſtow thoſe a good diſtance aſunder, whereby they grow the bigger in rot.

And for the better furtherance of their growth, the owner ſhall ſundrie times water and weed about the plantes. The ſeeds may be ſowen in the open field, and where corne grew, if ſo be the ground be diligently ploughed, and the weedes weeded forth, theſe after the beſtowing in the Earth, may the owner onely couer with the harrow or rake, becauſe the ſeedes lye ſhallow on the ground.

The ſeeds ioy in an open field, far from the ſhadowe of trees, in that theſe lying vnder ſhadowe be much harmed: if the owner mind to commit ſeedes to the earth in a dry ſeaſon, hee may then beſtowe them in ſome well dreſſed place being moiſt and ſhadowie, thicke togither after the maner of the Colewort.

After

After this, when the plantes be well growen vp, and the earth sufficiently moistened with shoures, the owner may remoue and set the plantes in larger places well dressed, from the end of August vnto the entring of the Sunne into Libra or middle of September.

The Rapes to serue in the winter time, ought to be gathered in the month of October, and those which are the fairer, by plucking away the outward leaues, may be set againe in well dunged and dressed earth to yeeld seeds the sommer following.

And to preserue the Rape or turnup rootes, to serue the winter and Lent time, the owner may worke after this maner, by washing first the rootes, and these raw, bestow in rankes one vppon another, and in ech ranke strew salt, fennell seeds, and sauerie, or onely couer them with salt, close couched, and on such wise letting these remain for eight days, poure so much faire water vpon, as will couer them. Which done, let the vessell stand in some vault or seller, to serue for the aboue said times, or longer if the owner will, if so be he fill vp the vessell, when these lie bare and drie. These hitherto Ruellius in his instructions of husbandry.

This one thing is maruellous and worthy the noting, so small a seede to encrease in roote, to such a bignesse as we many times see them, of which the like hath been seene to haue waied thirtie, yea fortie pound weight, to the admiration of many.

The owner ought especially to take heed, that the seeds to be committed to the Earth, be not aboue three yeares olde. For the ground otherwise of the Rapes, will change and bring forth Colewortes.

For to enioy faire and big rots, let the owner new set those rots which be growen vnto a finger bignesse, wel a span distant one from the other. Which done, and these somwhat more growen, the owner ought to tread downe with the foote, and diligently couer the heades thicke with earth, whereby the iuice of the leaues and stalkes may run to the encreasing of the rootes.

The rootes after the gathering in the month of Nouember, may likewise be preserued, to serue the Winter and Lent time, as afore is vttered of the Nauew.

The Phisicke vertues and helpes of the Rapes.

The Rapes heate in the second degrée, and moisten in the first: these cause many humours, hardly digest, and increase muche winde. The sowen Rapes are hard of digestion: which notwithstanding boyled doe swell the belly, and increase the humours in the bodie.

The Rapes haue a maruellous propertie in sharpning the sight, as the singuler Auerrois writeth: Yet these throughly boyled, as I afore vttered to be done by the Nauewes, doe yeeld a nourishment, and are profitable to the bodie: contrariwise these eaten rawishe or not well boiled, doe hardly digest, cause winde in the bodie, and molest the stomacke.

The Rape seedes vsed in steed of triacle, recouereth and helpeth poysoning, if any hauing drunke or eaten poyson, shall take the séeds bruised in water and honnie, this of experience knowen, represseth or abateth the force of the poison, that the same cannot harme.

The Rape or turnup rootes confected with vineger, doth coole and ingender wind, yet these extinguish the hote and drie bloud, of which most great and perrillous sicknesses are caused. The rots and seeds eaten doe stirre and moue the veneriall act.

They are profitable to health, being eaten after the third boyling, and if any foully arraied with scabs, which represent ỹ kind of a leaprie, doe washe all the body with water in which the Rape séeds shal afore be boiled, it doth with the same cause in short time a fairer and clearer skin. The Rape roots boiled in May butter, after the tender seething, eaten with a little salt, doe loose the breast: the decoction of them taken, ceaseth a drie cough, boiled with oile oliue, and eaten with pepper and a little salt, doth helpe digestion. The rootes dayly eaten, do engender grosse humours, for which cause greatly misliked of Democritus, to be vsed for a proper sustenance.

The decoction or broth of the roots tēderly boiled, applied on palsie members, the hote Gout, and kibed heeles, do speedily amend & help these: if anie in the side of the roote after the making of a hole, do bestow in it the oile of Roses, and vnwrought wax, and after the tender roasting vnder hote embers, doe applie the same in vlcered or sore kibes,

kibes it shall in short time cure them.

The benefites of the distilled water of Rapes.

THe garden Rape or turnup, both leaues and rootes shred, ought to be distilled about the end of June, in a tin Limbecke.

This water preuaileth against the galling of members, if those be dayly washed and supplied with the same, and that a linnen cloth wet in it, be applied twice or thrice a day.

This helpeth any burning or scalding, if the same be washed with it, but after a crust gathered on the place, the same will in no maner be remoued, but through the dayly washing of it with this water, which in the end perfitly cureth the sore.

The distilled water of the putrified Rapes, applied often hote with a linnen cloth wet in it, doth greatly profite the swelling and sores of the foote, caused of cold.

What skill and diligence is required with the secrets to be learned in the sowing and ordering of the Radish. Chap. 26.

THe garden of Radishe with vs, is better knowen, than I with pen can vtter the description of the same, for in a maner euerie person, aswell the rich, as the poore, the Citizens as countriemen, when their stomacke is slacke or irketh at meate, they then to procure an appetite to feeding by the same roote, by cutting the rootes either into a length on eche side, or into round slices, doe workmanly season them with salt, heating them for the more delight to the mouth, betweene two dishes, supposing a more tenderneste caused to the rootes, through the like doing: whose care and diligence in the bestowing of it in the earth, ought, (after the minde of Columella) to be after this maner, that the beddes, before the bestowing of the seedes, be well laboured, and workmanly turned in with dung, and when the rootes be growen to some bigneste, then the earth to be raised and diligently heaped about them, for the rootes shall be naked or lie bare of earth, that both the Sunne and ayre beate vpon them, then will they be-

come, in their further growth, both hard and hollow like to the Mushrome, as Plinie reporteth, which prescribeth to these, both a loose and moist earth.

The worthy Rutilius (in his instructions of husbandry) vttereth, that the Radishes refuse a hard, sandy, and graueily ground, and doe ioy in the moisture of the aire: besides, these ought to be sowen in beddes a good distance asunder, and the earth déepe digged after a late or new raine fallen, except the place by hap shall be moist, and soone watered.

The seedes committed to the earth, ought immediatly and with diligence, to be couered light with a Rake, and neither dung bestowed within, nor strawed vpon the beddes (although Columella otherwise willeth) but onely chaffe of corne, as after shall further be vttered.

The skilfull practised in garden matters report, that these better prosper being orderly set, than curiously sowen, and that these to be bestowed in the earth, as both sowen and set, at two times of the yeare, as in the moneth of Februarie, and beginning of March, if the owner shall enioy the rootes timely, and in August vnto the middest of September, if the owner would enioy them much sooner: & these then bestowed in the earth, are without doubt far better, forasmuch as the Radish in the cold season, groweth and increaseth especially in the roote, and is the same time tenderer, whereas the plants otherwise in the faire and warme season, runne vp into a leafe and stem. Yet this manner of trauaile, to possesse them in the sharpe winter, is little in vse with vs, because the Radishe can ill abide the bitter ayre, which once bitten and tainted with the frosts either withereth, or soone after dyeth, yet the learned Plinie writing of the Radish vttereth the same to ioy so much in the cold ayre, that in Germanie hath sometimes béen séene a Radish, which grew in compasse so big as an infantes middle.

The skilful Aristomachus in his learned instructions of husbandrie willeth that the leaues of the Radish in the winter time be broken off, and throwne away, and to heape the earth high about them, least puddles of water do stand in the beds: for the roots on such wise increase, and be bigge in the sommer time.

Howsoeuer the rootes shalbe handled, certaine it is, that the colde

ayre

ayre and frostes doe increase and sweeten the roots (as afore vttered of the Rape) if so be they may continue in winter time: for the cold aire conuerteth the increasement into the rootes, and not into the leaues, although that those (as Theophrastus vttereth) doe ware then hard in many places.

The rootes are caused to growe the sweeter in eating, and more delectable in taste, if the leaues be broken off (as Plinie hath noted) before the Radishes shoote vp into a stemme.

And the leafe of the Radishe, howe much the smaller the same shall be, euen so much the tenderer and delectabler roote will it yeelde, which by watering with a salt licour, or pickle, causeth to breath foorth the bitternesse quite, if any such rest or bee in the roote.

As the like Plinie wrote, that the Radish to be sedde, yea and willed the rootes, for the tendernesse, to be often watered with pickle, or salt water.

The Egyptians watered with Nytre, to the end the roots might be commendabler in sweetnesse and delight to the mouth, which possesse a Cartilage and thicke rinde, to these, in many rootes, sharpe in taste, yet delectable in the eating, which are part left bare aboue the ground becommeth tough and hard, through the occasion afore vttered, and hollow (like to the Mushrom) vnlesse they be well couered about with light earth.

There are radishes supposed to be of a Feminine kinde which be so sharpe, and these possesse smaller leaues, and to the eye be a fairer greene, as Rutilius vttereth of them.

If the owner couet to enioy sweete rootes in taste, then after the counsell and mind of the singuler Florentine, let him steepe the seedes for two dayes before, in eyther water or honny, or Cuyte, or els sugred water, and these dried in the shadow, to commit them orderly to the earth.

If the Gardener desire to possesse faire and great rootes, let him (after the minde of a Neapolitane Rutulius) when the rootes be growen to some bignesse, pluck away all the leaues, sauing two within to growe still, which done, couer the earth often ouer the heades, whereby the iuice may the more runne to the rootes, in causing them to grow the sweeter and pleasanter.

A like experience in cauſing the roote to become maruellous big, doth Plinie ſkilfully vtter and teach, after this manner, by taking a great dibble, with the which making a hole in the earth well fyue fingers dæpe, fill it vp with freſh chaffe, after beſtow a ſeed of the Radiſh with dung and light earth ouer the mouth, couering the ſame in like maner euen with the earth, theſe perfoꝛmed, the roote wil growe and increaſe vnto the bigneſſe of the hole.

The ſkilfull pꝛactitioners repoꝛt, that the goodneſſe of the Radiſh is knowen by the leaues, which the ſwæter they be (after the manner) ſo much the tenderer and moꝛe pleaſant are the rootes in the eating, the like teacheth oꝛ ſheweth the rinde, which the thinner the ſame is, ſo much the delectabler is the roote in the taſte of the mouth.

The thinne beſtowing of the ſæedes in well dꝛeſſed beds, from the end of Auguſt vnto the midſt of September, and after the comming vp diligently wæded about with leaues bꝛoken off, the light earth couered about, and after watered with ſalt water, doe pꝛocure the roots not onely to ware, oꝛ growe the bigger, but tenderer and ſwæter in the eating, foꝛ aſmuch as the ſalt pickle verie much abateth the bitterneſſe conſiſting in them, as by a like we cuſtomably ſæ, that theſe be eaten with vineger and ſalt.

And the plantes better pꝛoſper, comming vp in an open ayꝛe, then beſtowed in a ſhaddowie place, where in the increaſe, the rootes be much hindered.

If the owner happen to commit ſeeds to the earth in a dꝛie ſeaſon, let them be ſowen the thicker in beds, and if the ſame may be, in a moiſt ground lightly watered.

The plantes growen to a reaſonable height aboue the earth, and that ſhoures haue moiſtened the ground a day befoꝛe, the plants may then be remoued, and ſet into beds well laboured and woꝛkemanly dꝛeſſed, which by diligence beſtowed, growe the better and pleaſanter in the eating.

That the radiſh may not be harmed with the garden fleas, Theophraſtus willeth to ſow in the beddes among them, the pulſe named Eruum.

Other ſinguler helps foꝛ the moſt herbs, may be learned in my firſt part: which I haue gathered foꝛ the moſt part out of ancient wꝛiters.

Here

Here is not to be ouerpaſſed, that in the Radiſhes a bitterneſſe conſiſteth according to thickeneſſe of the rinde, as the worthie Plinie vttereth, which writeth that theſe alſo do offend the teeth, by blunting or ſetting them on edge.

But in this place commeth to minde, a ſecrete very profitable, and to bee eſteemed with vinteners, which the Author freely vttereth to them.

If the Vintener cutteth a Radiſh into ſlices, and beſoweth thoſe pieces into a veſſel of corrupt Wine, doth in ſhort time draw all the euil ſauour and lothſomneſſe (if any conſiſteth in the wine) and to theſe the tartneſſe of it, like reuiueth, which if the roote be not able to rid and draw quite foorth this default, let the ſame immediatly be taken foorth (and if neede ſhall require) put a freſh roote like ordered. For this no doubt hath been proued, and profited many by vnderſtanding of the ſecrete.

This no doubt is a ſecrete very marueilous, that the Radiſh in no wiſe agreeth to be placed or grow nigh to the Vine, for the deadly hatred betweene them, inſomuch that the Vine nere growing, turneth or windeth backe with the braunches, as mightely diſdaining and hating the Radiſh growing faſt by: if we may credite the learned Plinie, Galen, and the Neapolitane Rutilius, which ſeeme to haue diligently noted the ſame.

And the reaſon they report to be like (as afore vttered of the agreement of the Colewort with the Vine) which is through the hidde diſcorde of natures conſiſting in them, ſo that if the places were chaunged, yet for all the remouing, will they in no maner ioy togither.

Of which Androcides affirmeth the Radiſh and Colewort, to be a ſingular remedy againſt drunkenneſſe, ſo that the auncient in Greece commonly ioyned and matched the drinking of wine, with the Radiſh, as I afore vttered in the Chapter of the Colewort, ſo that no maruell it is, if theſe be vſed ſo common.

The Radiſh in time paſt hath been in ſuch account, and ſo worthily eſteemed, that Moſchion the Greeke wrote a large pamphlet of the worthy prayſes of the ſame: yea the Radiſh before other meats, was ſo preferred in Greece, yat Delphos in the temple of Apollo, the Radiſh was eſteemed as Gold, the Beet as Siluer, and the Rape

or Turnup as Lead.

The Radish also is said to polish very faire the yuorie, and buried in a heape of Salt, doth alter and reduce the same into a watery pickle.

The Radish to conclude, in the remouing and setting againe, looseth the sharpenesse resting in it, and this hath a singular delight in the rinde, so that the same be new gathered and not too old of growth, therefore by the example of many seldome eaten, do vnaduisedly refuse and omit the vsing of it.

And drawing to an end, I think it right profitable to vtter the making of Vineger with the Radish, as the learned Petrus Crescentius (in his worke of husbandry) hath noted the same, the rootes of the Radish (saith he) being dried and brought to fine pouder, and bestowed into a vessel which hath wine in it, let stand to settle (after the wel laboring and mixing together) for certaine daies: which done, the owner shall enioy a Radish vineger, very laudable and much commended for the dissolving and wasting of the stone in the Kidneyes, and many other painfull griefes.

The Phisicke benefits and helpes of the Radish.

THe Garden Radish (after the mind of the learned) heateth in the third degree, and drieth in the second, but the wilde Radish in Phisick causes, is more effectuous.

This one incommoditie (among the phisicke helps) doth the Radish possesse, which is, that it procureth many times belching, after the eating at supper: for a remedie of this annoyance or incommoditie, may he or shee incontinent eate, certaine braunches of Isope, Time, or Organie, or eat the root with pure Oyle.

And this one incommoditie ioyned with it, the roote yeeldeth a maruellous number of benefits, for the health and ease of persons.

Here further learne, the other incommodities written by the wise, which are, that the Radish eaten, either before or after meales, doth cause winde, the resting of the stomack, dulleth the braine, eyes, and reason.

The singular Greeke Florentinus (in his instructions of husban-

drie)

dry) writeth, that the Radish doth profit very much the fleumaticke, and marueilously helpeth the stone in the kidneyes, and stopping of the vrine by Grauell: If any especially boile the rinde with white wine and water, and drinketh the same, morning and euening, or the rinde of the Radish brused and strained, and drunke fasting in the morning, and that the patient shall perseuer or continue with the same for certaine daies.

The fresh rinde after the steeping in white wine for eight houres drunke with a fourth part of the pouder of Pedler kernels, like auaileth.

The radish taken fasting in the morning, with warme water prepared, procureth vomiting, for which matter, ỳ Phisitions rather appoint the seeds boyled, than the roote. If the rote be eaten with Dyle Oline, it stayeth the belchings of the stomacke, which are wont to be caused by the same, in that the Oline suffereth not such wind to rise.

The iuice drunke with Caite cureth the kings euill, & drunk with water and hony, amendeth the cough, which on such wise ministred, dooth help those fetching the winde short and painfully.

The whole substance of the roote, so much auaileth against poyson, that taking the same fasting, it shall nothing harme the creature.

And the hands annointed with the iuice of the Radish, as afore vttered in my first part, may handle Serpents without feare.

The iuice of the Radish dropped into the eares, doth spædely asswage the winde and noise in them, the same drunke with water and hony, recouereth the Iaundise. The leaues boyled in porredge in stæd of Colewarts, and eaten sundry times amendeth the stoppings of the Liuer and Milt.

The sædes brused and giuen with white wine, is right profitable against all sorts of poysons and other daungerous diseases.

And if any by a punishment, receiue grieuous strokes and spottes, by whipping, brusing, and applying the Radish on the places, shall spæedely cure them.

The same also cleareth scarres and reduceth wanne spottes vnto the perfect colours, and remoueth the pimples in the face: this besides deliuereth the quartaine Ague, if the same be dayly giuen by the way of vomit, at the comming of the fit.

The iuice of Radish boyled with hony, and after the adding of a litle vineger, the same strained and drunk, profiteth against the quartaine Ague, and stopping of the Milt.

The Radish applied in plaister form, deliuereth the water betwéen the skinne, and helpeth a hard swollen Splene, as Dioscorides witnesseth.

The Radish well digesteth, being eaten with meate at Supper, for it heateth the stomacke, yet the same causeth a strong breath, by sleeping soone after meate.

The seedes after the bruising drunke with white wine, doe cause vrine, and drunke with Vineger, aswageth the swelling of the Milt.

The iuice annointed on old vlcers, both cleareth and eateth away the Canker in them, the like performeth the ponder of the roote.

The Radish boyled with Pulse water or Hony and water, and drunke warme, amendeth an old cough: it remoueth the clammie Fleume of the brest, by spitting vp in the daily drinking for certain daies,

The fresh rindes of the Radish well bruised and taken with Vineger and Hony, procureth the patient to vomit, the like performeth the Seeds drunke warme with water.

The Seedes haue a singular propertie in expelling, for which reason, these are right profitable to them hauing eaten Pulhormes, which they cannot digest.

If a roud slice of the radish be applyed on the Nauil, it doth spédely cease the gripings in women, as the skillfull Hipocrates writeth.

The often eating of the Radish, procureth plentie of Milke to women gining suck and Nurses.

The iuice of the roote drunke with hony, sendeth down ẏ Terms, and expelleth the wormes in the belly: the iuice gargalled with Hony and Vineger, aswageth the swelling in the throat.

The

The commended helps of the diſtilled water of the Radiſh.

The rote finely ſhred in the begining of September, ought to be diſtilled in a Tin Limbecke, or rather gleſſe bodie in Balneo Mariæ. The diſtilled water of Radiſh drunke morning and euening vnto the quantitie of three ounces at a time, helpeth the digeſtion of the ſtomacke, the Kinges euil, and killeth the wormes of the bellie: the Radiſh alſo receiued, cleanſeth the ſtomacke of all clammie humors and other matters, which hinder digeſtion, this beſides openeth all manner of ſtopping of the inner members and beines. This drunke in the like order and quantitie, both extenuate the clammie humors in the lungs, and amendeth the ſwelling of the milt: this alſo cleanſeth the breſt of clammy humors and cauſeth a cleare voice.

The water drunke vnto the quantitie of three ounces at a time, both morning and euening, recouereth the poyſon taken either in meate or drinke. The ſame quantitie drunke at a time profiteth againſt the Quartaine Ague, draweth downe the Termes, and ſendeth forth the ſtone.

This water helpeth thoſe which are ſtinged either with the Bée or Waſpe, or venomed with the Spider, if they ſhall waſh the grieued place with the ſame, and ſhall arply linnen clothes wet in it. This water helpeth the pricking & ſtitches of the ſide, if the ſame be bathed with the water. The water dropped into the eyes, cleareth the humors falling which dimmeth the ſight, it alſo remoueth the ſpots of the face, by the often waſhing with the water, this remoueth the yelow or blackiſh ſpots by beating, if the places be often rubbed with the ſame.

The water gargelled and reteyned in the mouth, amendeth the ſwelling of the throat, and vlcers of the gums, for this reſolueth, conſumeth and breaketh them.

The water often drunke morning and euening, chiefly at the going to bed, vnto the quantitie of three ounces at a time, for thirtie daies together, not onely cleareth the kidneyes and bladder, & the places which containe the ſtone, but breaketh the ſtone, & cauſeth vrine.

This water drunk for three or foure weekes togither, vnto ỹ quantitie of three or foure ounces at a time, both moning & euening recouereth the water betweene the ſkin, and ſendeth the ſame forth by

the

the vrine, so that the patient refraineth the ouermuch drinking: for how much the lesser hee drinketh, so much the more water by the vrine is sent foorth, through which the patient is also sooner recouered

What care and skill is required in the sowing and workmanly ordering both of the Parsnep, and Carote Chap. 27.

THe seedes of the Parsnep and Carote, require one maner of diligence in the sowing, and to be bestowed in a ground painefully digged, well turned in with dung, and workemanly dressed before: but the seede to be committed to the earth, may not be bestowed in beddes verie thicke togither, to the end these in the increasing may grow the fairer and bigger.

The plants are in like maner to be set, and at those times sowne as afore vttered of the Radish. as sowne in december, Januarie, and Februarie, to serue in Lent and spring time, but these better commended, to be sowne in harueſt time, to enioy them all the Lent.

The Gardener which would possesse faire and big rootes, ought to plucke away the leaues often times and to couer light earth on the heades, as afore vttered of the Radish: besides these growen to some highnesse, at the least so big as the finger, ought to be thinner set, and often weeded about, whereby the rootes may grow the bigger and sweeter in the eating.

The Phisicke benefits and helps of the Parsnep and Carot.

THe vertues and properties of these two rootes are in a maner like, and serue rather for the Kitchin, than to the vse of Phisicke, in that they be of a small nourishment, and lesser nourish than the Turnup or Rape doth.

The Parsnep root (by the agreement of the ancient) heateth in the midle of the second degree, and moistneth in the first, but in this causes of phisicke small allowed.

The roote is brought to a more temperament for the bodie, if so be it

it be boyled in two or three waters before the eating, for on such wise handled, it harmeth the stomacke the lesse.

This other wise sodden (but in one water) ingendreth wind in the bodie, through which it causeth and moueth a desire to the veneriall act, and often vsed, ingendreth euil blond.

The roote tenderly sodden in two waters, & remoued into a third, procureth vrine, alwageth the colicke passion, and sendeth down the Termes in women.

The garden parsnep, eaten with butter and pepper, and a litle salt, profiteth the Melancolike, and as Vitalis writeth, this encreaseth good blond.

The Parsnep seede drunke, and applyed to the priuie place (as the learned Dioscorides writeth) draweth downe the termes, helpeth the straightnesse of making water, recouereth the water betweene the skinne, and amendeth the stitches of the side or pleurisie.

This commended for the sting or bit of any venemous wormes or beast: this also applyed to the priuie place, draweth downe the dead youngling, the leaues shred and applyed with hony, doth throughly cleare and amend the great eating in of vlcers.

It is thought that no venemous beast may hurt the creature which weareth or carrieth the root about him: and the roote hanged about the necke, doth profit against the swelling of the throat.

The garden Carote is thought to heate and dry in the third degree, but the leaues and floures especially, and many times the one vsed for the other in Phisicke causes.

There is an other kind of Carot (being red in colour) which may be eaten raw, but the same sodden with the Turnup, seemeth a pleasant and daintie dish: and this may in the like order be sowen, as the others aboue taught.

The Carot growing of the owne accord, which of most men named the wilde, more auaileth in the leafe and floure for phisick purposes than the roote doth: so that the leaues are to be gathered to vse, when the same yeldeth the floure, which (after the seperating of the roote) ought to be dryed in a shadowie place, and kept in lether bagges for the whole yeare: for these haue the propertie of dissipating, consuming, and attracting, and is of qualitie drying by substance.

The

The head bound about with the ponder of this hearbe, made sufficiently hote, amendeth a cold reume: the hearbe after the boyling in wine drunke, and a good quantitie of it after the steeping in wine and oyle for tenne dayes, be boyled so long, vntil the wine be wasted, and after the hard wringing forth of the hearbe, the whole set ouer the fire and a litle ware put to it in making thereof a plaister: which applyed, amendeth the paine of the stomacke, proceeding of wind through cold, the strangurie, and stopping of the vrine, and both the Collicke and Iliacke passion.

This Carote boyled in wine with a quantitie of figs to discretion, and the same drunke fasting, remoueth a dry cough: the decoction drunke doth likewise helpe the hard fetching of breath. If the head be washed with the water or oyle, in which the hearbe afore is sodden, doth remoue the flure of the heade proceeding of a cold cause.

If three handfulls of this hearbe boyled in wine, to which oyle added in the boyling, and applyed to the bellie, doth remoue winde and heat the stomacke: if a Sirupe bee made of the hearbe and floures, and the iuice of Fennell, and the same drunke morning and euening, amendeth without doubt the stopping of the Liuer and Milte.

The hearbe boyled in Mallowes, and hearbe Mercurie, both in wine and water, and the same after the boyling, applyed on the nauell, amendeth the verings, and griping of the bellie.

The vertues and helps of the distilled water of the Parsnep.

The hearbe with the roote finely shred, ought to be distilled about the end of March in a Tin Limbecke with a soft fire.

This distilled water drunke morning and euening, vnto the quantitie of three ounces at a time, and the trembling members bathed with the same doth in short time amend the shaking of them.

If the water euerie euening at the going to bed, be drunke vnto the quantitie of fiue ounces at a time, doth not onely moue forwarde the veneriall act but encreaseth Sperme.

This water drunke vnto the quantitie of foure ownces at a time both morning and euening, recouereth in short time the straightnesse to painefullnesse in the making of water.

The

The diligence and skill to be vsed, both in sowing and ordering of the Garden Poppie. Chap. 28.

THe Garden Poppie (after the minde of the Neapolitane Rutilius) ought to bee committed to the earth, in the Moneth of September, if it be in a hote and drie place: but the Seedes in colder and more temperate places, may bee bestowed after the middle of Februarie vnto the end of Aprill, and sowen in beddes among the Colewoorts.

The plantes come the better forward, if so be vine branches or other boughes of trees be burned in the places, where you after minde to bestow the seedes. To be briefe, the seedes of the Poppie and Dill, require the like order and diligence in the bestowing in the earth, as afore vttered, of the herbe Charuill, and Arache.

The phisicke benefites of the Garden Poppie.

THe white Poppie as all the other kindes, cooleth in the fourth degree, and the Seedes full ripe, before the gathering in the Summer time may be preserued for fiue yeares.

The greene heades of the garden Poppie, boyled vnto the thicknesse of honny, profit vnto manie griefes: this receiued procureth sound sleepe, remooueth the cough, it also slayeth the flixe of the belly, if any annointeth the belly with it.

The Poppy Seede (after the bringing to ponder) mixed with new milke or broth, and giuen to children to drinke warme, procureth them to sleepe.

The Seedes bruised and spred on a tosse of Butter, dos cause children to sleepe: the Seedes confected with Suger, and eaten dos marueilously preuaile, in procuring the weake patient to sleepe soundly.

The Sirrupe of Poppie helpeth the reume, cough, & lacks of sleepe, by preparing it after this maner: Take of the new heads both of the white and blacke Poppie one pound, of rain water foure pints, boile these so long togither, vntil a pint & a halfe remaine, to which after ỹ straining, adde of Suger, & the Pennites, of ech fiue ounces: these boile

vnto a height, according to art, & this they name, the simple Sirrop.

The compound is made after this maner: take of the fresh heads, both of the white and blacke poppie, twelue ounces of maiden haire, two ounces of licourice, fiue drammes of Iuiubæ, thirtie in number, of lettuce seedes fiue ounces, of the Mallowes and Quince seedes an ounce and a halfe, these after the boiling in foure pintes of water vnto two, straine through a cloth, to which adde of Suger and the Pennites one pound, making thereof a Sirrupe according to art, for this recouereth a drie cough, the consumption of the Lunges, the reume, and debilitie of sleepinge.

A plaister made of either seede, to which womens milke, and the white of an egge added, this applied on the Temples, procureth sleepe.

The Seede or hearbe of the white Poppie, (after the tempering with the oyle of Roses) applyed on an vlcer caused through a bruse, draweth foorth the heate in it, and the same applied on a hotte liuer, greatly profiteth.

The pouder of the white Poppie Seedes, mixed with oyle Oliue, and annointed on the chine of the backe, remoueth the griefe of the ioyntes, and strengtheneth them, the Seedes after the bruising with oyle Oliue, applyed in plaister forme about the head, not onely procureth rest, but sound sleepe.

The patient which cannot sleepe, may bruse certaine heades, and after the heating, presse forth the iuice, with which washing the face, like auaileth. The heads of the greene Poppie, boiled vnto a thicknesse of honny, profite vnto many causes: for this taken procureth sleepe, remoueth the cough, stayeth the flixe of the belly, if any annoint him with the same. The iuice of Poppie, mixed with the oyle of Roses, and annointing the feete therewith, remoueth the rage of the Gout: the seedes of the white poppie brought to pouder, & mixed with the oile of Violets, and the chine of the backe annointed with the same, profiteth against the Ague, and heate of the Liuer.

The commended vertues of the distilled water of the white Poppie.

THe aptest time for the distilling of white Poppie, is in the beginning of June, and that the herbe finely shred be distilled in a

Linne limbecke with a ſoft fire.

This water profiteth against the red ſpots of the face, if the ſame be waſhed with it twice a day, this procureth white handes, if they be waſhed with it.

The diſtilled water drunke vnto the quantitie of fiure ounces at a time, before the going to bed, and annointing the temples or beating veines of the wreſtes, doe not onely procure quiet reſt, but ſound ſleepe: this alſo vſed, mittigateth the paine of the head proceeding of heate.

This water applied with linnen clothes wet in it, extinguiſheth any heate, and profiteth a burnt ſkin through the ſunne, in removing the heate, by often applying of linnen clothes wet in it.

What skill, diligence and ſecrets is to be learned in the ſowing and ordering of the Cucumber. Chap. 20.

THe antient in time paſt confounded or rather contrary matched the Gourds with Cucumbers, as the like alſo Plinie did, and Euthidemus the Athenian in his booke which hee wrote of potherbes, named the Gourd, the Indian Cucumber, and Menedorus a follower of Eraſiſtratus deſcribeth two kindes of the ſame: the one, to be the Indian, which as he vttereth, is the Cucumber: and the other to be that, which is named the Gourd. The Cucumber beſides (after the ſentence of Varro) is ſo named, for the crooking of it, and the Greeke philitions named it both Sicyon and Sicys, for that it frayeth and repreſſeth (as Demetrius writeth) the veneriall act, through the coldnes conſiſting in it.

But leaning further to vtter of the kinds, let vs come to the matter, in teaching what diligence is required, about the well handling of the Cucumber.

The ſeeds after the mind of the Neapolitane Rutilius, deſire to be beſtowed in furrows not thicke togither, and theſe raiſed well a foot and a halfe high, but in breadth three foote, and betweene the furrows muſt the owner leaue ſpaces of eight foot broad, whereby the Cucumbers (in the growing) may freely wander and ſpread abroad. Theſe after ỹ cõming vp nẽd neither to be raked nor weeded about,

for that in their first comming vp, they ioy and prosper the better by growing among other herbs, of which these are greatly strengthned and ayded.

The plants crepe along on the earth, and spread into branches much like to the Vine, which for the weakenesse of the stalke, are caused on such wise to spread abroad on the ground, except these be otherwise shored vp in their growing, with props workmanly set in the earth, for the better staying vp of the weake armes and branches, that the fruites corrupt not by lying on the earth.

The Sedes for the more part, appeare by the first or seuenth day after the sowing: being sufficiently moistened with store of water for that space and time, by a pot or pots of water dropping continually downe with a list or woollen cloth hanging forth of the mouth of the pot, which manner of watering is named filtring.

This kinde of watering, is one of the chiefest matters required, in that the plants prosper & come spedier forward through the much moisture, in which they mightily ioy: Yet these are muche hindered, and greatly feare the frosts and cold ayre. For which cause the plants ought at such colde times to be workmanly fenced with mattresses of straw diligently spread ouer them. The skilfull Rutilius writing of the workmanly ordering of the Cucumber, willeth the Sedes to be committed to the earth in the moneth of March, and for danger of the cold frosts, to couer the beds with mattresses of straw, vnto the middle of May, at which time the plantes ought to be remoued, and set againe into beds well dunged and thicke layd for to run forth and crepe abroad on the ground, but the plants yeld the more, if they be bestowed in beds wel filled with earth and dung, and these raised aboue a foote high.

In the bestowing of the Sedes in the earth, the owner ought to haue a care, that he set the Sedes in beddes a length, and these well two foote asunder one from the other, herein considering whether the Sedes bee broken by the eight or tenth day following, which found eyther hard or broken, doth denote a perfectnesse or goodnesse of the Sedes: But these in a contrary manner discerned soft, are vnprofitable, and to be cast away, in whose places others require to be set prooning by the first or eight day, if the Sedes be broken or otherwise

therwise sokt, which in a contrarie maner seene, bestowe others in the places, as aboue taught.

The plantes after the comming vp, need not to be weeded in any maner, for as much as the plants better prosper and growe the fairer, by comming vp among other herbes, of which these take a nourishment.

If the seedes before the sowing, be steeped for two daies in sheepes milke (as Rutilius willeth) or in water and honny, as Plinie instructeth, or in Sugered water, which cause the plantes, after their perfit growth, to yeelo cucumbers, both sweete, tender, white, and most pleasant, aswell in taste as in sight (as the singuler Columella hath noted) and before him the Greeke Florentinus, also after both, Plinie and Palladius, to all which experience confirmeth.

The Gardiner which would poslesse Cucumbers timely and very soone: yea, and all the yeare through, ought (after the mind of the Neapolitan) in the beginning of the spring, to fill vp olde worn baskets and earthen pannes without bottomes, with fine sifted earth tempered afore with fat dung, and to moysten somewhat the earth with water, after the seedes bestowed in these, which done when warme and sunnie dayes succeede, or a gentle raine falling, the baskets or pannes with the plantes, are then to be set abroad, to bee strengthened and cherished by the sunne and small showres: but the euening approching these in all the cold season, ought to be set vnder some warme couer or house in the ground, to bee defended from the frostes and colde ayre, which thus standing vnder a couer, or in the warme house, moysten gently with water sundrie times, and these on such wise handle, vntill all the Frosts, Tempestes, and cold ayre be past, as commonly the same ceaseth not with vs, till about the middes of May.

After these, when opportunitie or an apt day serueth, the Gardener shall bestow the Baskets or Pannes vnto the brimme, or deeper in the earth well laboured and trimmed before, with the rest of the diligence to be exercised, as afore vttered: which done, the Gardener shall enioy verie forward and timelier Cucumbers than any others.

This matter may be compassed, both easier, in shorter time,

and with lesser trauaile, if the owner, after the cutting of the waste braunches, doth set them in well laboured beddes, for these in farre shorter time and spædier, doe yéld faire Cucumbers.

This one thing I thinke necessarie to be learned, for the auoiding of the dayly labour and paines, in the setting abroad and carrying into the house, either halfe tubs, baskets, or earthen pannes, which on this wise by greater facilitie may be done, if so be the Gardener bestow the vessels with the plantes in Wheelebarrowes, or such like with Wheeles, for these, to mens reason, causeth maruellous easinesse, both in the bestowing abroad, and carrying againe into the warme house, as often as nædc shall require.

The yong plantes may bee defended from colde and boisterous windes, yea, frosts, the cold ayre, and hote Sunne, if Glasses made for the only purpose, be set ouer them, which on such wise bestowed on the beds, yélded in a maner to Tiberius Cæsar, Cucumbers al the yeare, in which he tooke a great delight, as after the worthy Columella, the learned Plinie hath committed the same to memory, which euery day obtained the like, as he writeth.

But with a lesser care and labour, may the same be performed, as Columella writeth, if in a sunny and well dunged place (sayth he) be sundry roddes set a rowe, aswell of the Osier as Bremble, and these so planted in the earth, after the Equinoctiall of Harueſt, to cut a little within the earth, whose heades after the wiser enlarging with a stiffe wooden pricke, to bestowe soft dung either within the pithes of Osiers and Brembles consisting in the middes: these done, to fire or put Sædes of the Cucumber into the places, which after the growing to some bignesse, ioyne with Osiers, and Brembles.

For the plants on such wise growing, are after not fed with their owne, but as it were by another mother roote feeding, which by the same meanes yéld Cucumbers, that will indure the colde season and frostes.

The learned Plinie vttereth the same matter, admonishing héere the reader, of the wrong instructions of Collumella, although he séemeth to alledge an Authour, for which cause it shall be to great purpose to heare the sentence of Plinie in this, who remouing the error

of

of Columella vttered, that Cucumbers may be enioyed all the yeare greene, instructeth and willeth, that the greatest roddes of the bremble be set againe into a Sunny place, where these be cut, well two fingers long, about the Equinoctiall spring or middle March, and into the heades of these after large holes made, the Sædes to be bestowed lying especially within the pitches of the Brembles, and filled with soft dung, which done, that fatte dung and fine Earth, after the well mixing togither, ought to bee thicke laide, and diligently heaped about the rootes, which may the better resist the colde.

But howe soeuer these ought to bee handled, it well appeareth, that Plinie doth disagree with Columella, in this instruction.

For Plinie willeth these to be set about the Equinoctiall spring, but Columella, about the Equinoctiall Haruest, as the Neapolitan Rutilius interpreted and noted the same, to whom, as it should seeme, he bare a fauour.

The plantes much feare the thunder and lightning, for which cause the Gardener may not set nor remoue them at those times, besides, if the tender fruits be not couered ouer with sheetes or thin Couerlets, when such tempests or stormes happen, they commonly after perish and wither.

The Gardener minding to possesse long and tender Cucumbers, ought to set vnder the young fruites growing, an earthen Panne, Bole, or halfe Tubbe filled with faire water, well fiue or sixe fingers, yea, halfe a foote distance from them, for these by the next day, will bee stretched vnto the water, so that setting the Pannes lower into the earth, or raising the fruites higher, ye shall dayly see them stretched foorth towards the water, vnto the admiration of the owner, for the length of them, which depriued of their vessels of water, shall in a contrarie manner see them winded and crooking, so much these ioy in the moysture, and hate the drouth: the fruites likewise will grow of a marueilous length, if the flowres bee put to grow within hollowe Canes or Pipes of the Elder: but the same is otherwise to be learned of the Olitor, for as the Cucumbers so deadly

hate

bate(as Plinie writeth)that ſetting veſſels of the oile, in ſteede of the water vnder them, they after bend and winde away, as diſdaining the liccur, which the owner ſhall well trie and ſée that theſe to haue bended ſo croked or winding as an hooke, in one nights ſpace.

But there muſt be a ſpeciall care,as Columella(after the Gréeke Florentinus) admoniſheth,that no woman,at that inſtant,hauing the reds or monthly courſe, approcheth nigh to the fruites, eſpecially handleth them,for through the handling at the ſame time, they feeble and wither.

If ſhe in the place be like affected, ſhee ſhall after kill the young fruites, with her onely looke fired on them, or cauſe them to grow after vnſauerie or els corrupted.

The Cucumber will yéeld fruites without ſéedes, if thrée dayes before the ſowing, the ſéedes be ſtéeped in Oyle Seſaminium or Sauin Oyle (as the Neapolitan Rutilius hath noted) or that the ſéedes afore be ſtéeped in the iuice of the hearbe named of Plinie,Culix, or as the ſame in Gréeke may be coniectured Coniza, in Engliſhe Flebane.

The like ſhalbe wrought, if the firſt armes or branches (after the condition of the veines) be on ſuch wiſe digged about, that onely the heades of them appeare naked, which a third time to be like barred, if neede ſhall ſo require, yet ſuch a diligence to be exerciſed in the ſame, that what branches growe out, and ſpread on the earth, to bee workemanly cut away,preſeruing onely the ſtemme and branches, that laſt ſhoot forth: which on ſuch wiſe handled, yéeld fruites with the onely Pulpes, hauing no ſéedes in them.

If the Gardener deſireth to enioy Cucumbers, hauing Roman letters, ſtrange figures, & ſcutchins or armes imbolled on the gréene rinde without, he may, after the liuely counterfaiting of formes on ẏ Moulds of wood, beſtow of the potters clay or plaiſter of Paris, vnto the thickeneſſe of a finger, which like handled, and cut into two partes,let dry in a faire & hote place, that theſe may the ſooner ſerue to vſe, after beſtow into the hollow moulds,framed to a like bigneſſe & length as the fruits of ẏ yong cucumbers, which faſt bound about,& ſo cloſe togither, that no ayre breath in, let theſe on ſuch wiſe hang, vntill the fruits haue filled ẏ moulds within, which they ioy to doe,

and

and be readie to be gathered.

For the yong fruites of propertie, by the report of the skilfull, do so much desire or be so wonderfull desirous of a new forme, that into what workmanly vessell or mould the yong fruites be bestowed, they by an earnest will and desire represent the figures counterfayted within, as the same found noted in a singular worke of Husbandrie: which, why Rutilius may ascribe to Gargilius Martialis, I see no reason.

To be briefe, as the comming of the mould shall be, such will the beautie of ẏ fruites be: for many fruites haue bin seene (as Plinie reporteth) which presented ẏ image of a winding Dragon on them.

The owner minding to enioy Cucumbers, a long time fresh and fayre, ought to bestow them in white wine lies uncorrupted or not turned, the vessell after the well pitching without, couered with a heape of sand, in some low Seller or vault in the ground.

The Cucumbers doe like continue a long time, if they be bestowed in a proper Pickle, made of water and Salt.

But the freshnes and delight of them, will a longer time be preserued, if after the husbandly instructions, the owner hang them so high in Barrels or Firkins, being a quarter filled or some what lesse, that these in the hanging doe in no maner touch the vineger.

And the vessels shalbe diligently pitched about, which the owner prepareth to serue to this purpose, that the force of the vineger, in no maner breathethforth, for this by nature is otherwise penetrable & perceth, through the thinnesse of partes. And by this practise, may the owner at one times, all the winter through, make delectable Sallets of them.

The Cucumbers (by report of the skilful) are the longest time preserued fresh and greene, if so be these are bestowed in a Glasse vessel, filled with the purest distilled vineger, which if the owner will, he may also preserue a long time, if that he cut them off, whiles they yet be yong and small, and these bestow in a vessel of hote water to be scalded, which done, lay the Cucumbers abroade all the night time, to bee throughly cooled, after lay Cucumbers into a vessell filled with a sharpe Pickle, made of water and salte: for this will preserue them, by the former meanes, vntill new doe come or may be had.

The auncient report, that a Pickle may be made, to preserue the Cucumbers and Gourdes a long time, with Salt, vineger, Fennel, and Maioram, if so be the Cucumbers in some vessel, be laide by courses and these aboue named, strawed betweene.

There bee others, which affirme, that these may a long tyme bee preserued fresh and greene, if they bee bestowed into the Pickle made of Vineger and Mustard Seede wrought together.

The learned Plinie willeth the Cucumbers to bee laide in a furrow made in a shadowie place, strewed after the fourme of a bedde with sifted sande, which on such wise handled, to bee couered ouer with earth and dry Hey.

Athæneus reporteth, that the Cucumbers be biggest and fayrest to the eye, at the full of the Moone, so that these receiue an increase according to the Moones light, through the watry moysture consisting in them.

For which cause, if the Gardener mindeth to enioy fayre and bigge Cucumbers, let those be gathered at the full of the Moone, where in the decrease or wane of the Moone, they be then slenderer and not so slightly to sale.

To these, this Athæneus (fauored of Plinie) addeth, that how often it thundreth and lighteneth, the Cucumbers (as striken with feare) turne and bend.

This one thing is maruellous, that Moiles and Asses are exceedingly delighted with Cucumbers, in so much that they receiuing the sauour farre off, are by a maruellous delight allured to runne and breake into a place, where these many times grow. For which cause, the hedges and bankes about must be strongly made, whereby they in no maner, breeke in to tread downe and waste the Cucumbers.

But the same is more maruellous which in the Greeke instructions of Husbandry is noted, and of many hath beene proued, that if an Infant beeing sicke of the Ague, and sucking still of the Breast, be layde on the Bedde made of the Cucumbers to sleepe, being framed of like length to the Childe, and that he sleepeth on the Bedde but a little time or a nappe, he shall immediatly be deliuered

uered of the same, for while he sleepeth, all the seuerous heate passeth into the Cucumbers.

If the owner would enioy Cucumbers, hauing but litle water in them, he must digge a furrow, of a reasonable deapth, and the same filled halfe vp with chaffe, or the wast braunches of Vines or trées, finely broken, couer ouer with earth, into which then bestowe the Seedes of a reasonable distance a sunder, and in the comming vppe, water not the plants, or these moysten very litle, but in the rest order the Plants as afore taught.

As to the loosing and purging of the body belongeth: if the owner shall steepe the Seedes in the rootes of the wilde Cucumber brused, either Ruberbe, Turbith, Agaricke, Elleboze, or any such like made into a Potable water, for three daies together, & for fiue daies together, after the Plantes shoote vppe, doeth often moisten them with this licour, he shall after enioy fruites, which will gently purge the belly.

And they may be caused to worke the stronger, if the rootes, while they send foorth the branches, bee digged about, and the smaller rootes vpwarde cut away, in the places of which, a quantitie of the Elleboz, some other purging simple laid, and the earth diligently couered about.

The Phisicke commodities and helpes of the Cucumber.

The Garden Cucumber, is moist and cold in the second degree, but the seedes dryed, haue the qualitie of drying in the first, beginning of the second degree.

Diphilus Caristus (a Physition among the Greekes very well learned, and in Husbandry singular) disalowed or rather forbade the Cucumber to be eaten at the beginning of supper, as a meate incommodious to the Creature, in that the same (after the eating) procureth the person like to rest, as the Radish doeth, but this eaten last at the meale, worketh an easier digestion of the meate, where otherwise in many, this casteth vp the meates eaten.

The tougher part inclosing the seedes, is of a hard digestion, but the softer Pulpe or substance within, is of a farre speedier and easier digestion, and profitable to the Cholericke and hote and dry stomack, being moderatly eaten, for that this both coleth and extinguisheth thirst.

The whole substance of the Cucumber, may moderatly be eaten with vineger and salt, of such which dayly exercise some labour of the bodie.

But to such which labour not, or be flegmaticke, this altogether denyed, for as much as this greatly harmeth especially the stomacke and sinews, yet hath the water (workmanly distilled) and the iuyce cleare strayned forth, the propertie of remouing the Ague, and mitigating thirst.

The Cucumber is not to be eaten sodden, but rather raw, with oyle and vineger, and the better fruites are those which be gathered at the full rypenesse, or in the hand discerned somwhat light.

The seedes brused and drunke, do amend the strong sauour of the brine, but the decoction more auaileth than this, and aswageth the heate of the kidneyes, yea it abateth the heate, and thirst of the Feuer.

The said Diphilus instructeth, that the seedes haue the vertue of cooling, and for the same cause, hardly digested and sent by the windings of the bellie, yea these (as he affirmeth) doe cause a greate coldenesse, ingender Choller, and abate the veneriall act.

The Séedes after the brusing, drunke in either Cuite or Wilke, doe greatly profite such as haue an vlcered bladder. To these, and such as are payned with the cough, if so many seedes bee taken and vsed at a tyme, as maie handsomely bee taken vp with three of the fingers, and these after the brusing with Cummyne, drunke in Wine, doeth in short tyme amende the same.

The sayde pouder drunke in womans Wylke, vnto the quantitie of three ounces at a time, profiteth the frensye persons, and such molested with the perillous flixe Diſenteria, yea this pouder drunke with a like weight of Cummine seeds, in pouder, recouereth the spitting vp of corruption or matter.

The

The whole substance and meate of the Cucumber, hath the vertue of clensing and cutting a sunder, of which the same causeth cleare bodies, and so much the more, if any after the drying, finely beating, and searsing of the seedes vseth the same in steede of a clensing pouder.

The learned Galen writing of the vse and properties of the Cucumbers vttereth an instruction worthy the learning, that although these (saith he) be well digested of the Cholericke, and that such without care, eate plentie or much at a time of them, yet they in the continuance of time, increase a colde and somewhat grosse humour in the vaines, which not able to be digested in them, doth after corrupt the sounde bloud.

For that cause (saith he) I iudge it profitable to refraine ỹ meats being of an euill iuyce and nourishment: although that those in certaine persons may easily be digested: for to vs not taking a care and regard of them, is a iuyce gathered (after a good distance of time) in the vaines, which assoone as the same once putrified by a light occasion, doth immediatly kindle and cause wicked feuers: these hetherto Galen of the incommodities of the Cucumbers.

What skill and secretes are to bee learned in the sowing and workmanly ordering of the Gourdes. Chap. 30.

ALl the kindes of the Gourdes, require the same trauaile and diligence in the bestowing in the earth, as afore vttered of the Cucumbers, which after the large setting a sunder and often watering, appeare (for the more part) aboue the earth, by the first or seuenth day after the bestowing in beddes.

The weake and tender branches, shot vp to some height, and coueting by a certaine propertie in nature vpwarde, require to be diuerslie added with poles to run vp in sundry maners, as either ouer a round and vaulted harbour, to giue more delight, through the shadowe caused by it, and the seemely fruites hanging downe, or els by poles directed quite vpright, in which the Gourde (of al other fruites) most earnestly desireth, rather than to run braunching and creeping on the

groande like to the Cucumbers.

The plants loue a fat, moist, and dunged lose ground, as ỳ Neapolitan Rutilius in his instructions of husbandry hath noted: If a diligence be bestowed in the often watring of them, the plantes require a lesser care and trauaile, in that they are very much furthered, by the store of moisture, although there may be found of those, which reasonably prosper with small store of moisture, or being seldome watered, and that they of the same yeelde fruite of a delectabler taste.

If the owner or Gardener happen to commit sædes to the earth in a dry ground, and that the tender plants appeare aboue the earth, his care shall then be to water them plentifull for the spædier shooting vp after this maner, by taking certaine pots filled with water, into which tongues of cloth afore laide to the bottoms of the pottes, that these may the workmanlier distill and drop often on the plants, through the stooping forward of them: which no doubt, profiteth greatly the plants in drowth and hote seasons.

The longer and smaller haue fewe Seedes in them, and for the same more delectable in the eating: yea these better acompted of, and solde in the Market.

The Gardener, minding to commit of the Sædes to the earth, ought afore to steepe them in a Boll or panne of water for a nighte, whereby the sædes apt to be sowne, may ỳ surer be knowne, which he shall well perceiue by those resting in the bottome, of the cunninger sort preferred and vsed, but the others swimming aboue, as vnprofitable, and seruing to no vse, are willed to be throwne away.

The chosen sædes are to be set in beds together with three fingers vnto the middle Iointes, and sharper endes fired vpward but the beds afore ought to be digged two foote deepe, and so many broade, and the Seedes bestowed well three or foure foots a sunder, one from the other (in these filled vp with olde dung,) well turned in with the earth or rather to procure them spædier to growe and yælde the fruite the sooner, let the beddes bee filled with hote horse dung, new taken out of the stable.

If the Gardener would possesse Gourds of diuers formes, as long, rounde, and short, it behoueth him to chose and set the seedes accordingly. For those Sædes taken out of the necke of the Gourde,

shall

shall the owner after the counsell of the singular Columella, learned Plinie and Rutilius, set in well dunged grounde, with the sharpe endes vpwarde. Which after the well watering (as aboue taught) yeelde fruites long in fourme, tenderer, and better esteemed. The Seedes taken out of the midest of the bellie, and set into the earth with the big endes vpwarde, do yelde (after the husbandly handling and watering) great fruites, round and large, of which after the throughe drying, and meate taken out, be Bottles and other vessels made, to serue for diuers vses in that these grow farre larger in the belly, than any of the other kindes.

The Seedes taken out of the bottome of the Gourde, and set with the grosse or big ends vpward, doo also yeelde after the workmanly ordering, fruites both great and large, yet these far lesser and shorter. And the Seedes in generall, in what place they bee sette, ought to be bestowed in earth well dunged, and the rather with hote horse dung, new taken out of the stable, if these be set in the moneth of March. But the seedes in no maner, may be bestowed in low places, least showers of raine falling, hinder and corrupt the fruites, through the ouermuch water cloying and standing in the Alley or other low place: the plants shot vp to some height, ought to bee diligently weeded about, and the earth heaped high vp, and when neede requyreth in the hote seasons, to water them often.

If the seedes happen to bee set in a earth smally laboured and hollowe, when the plants be somewhat growne aboue the ground, the owner ought to dig away of a good depth from the yoong plantes, the earth round about, that the rootes may the frælier runne and spread abroad: the plants further growne & shot vp, may the owner erect to runne and spreade like to a vine well a mans height.

If the plants happen to be annoied with the Leke or garden fleas, the owner shall remoue & driue them away, by the onely setting of ỹ herb Organe, in sundry places among them, on which (if they happen to light) they either are incontinent killed, or caused to encrease but few after, as the Greeke writers of husbandry, in their skilfull practises witnes: out of which with diligence we haue also gathered these, that to ỹ owner or gardener may happily appeare profitable: as, the Gourd (a matter somwhat straunge) to yeld fruits without seeds,

if

If the seedes before the setting be steeped for three daies at the least, in Sesaminum, or Sauin oyle, as the Neapolitan Rutilius vttereth, or in the iuyce of that herbe infused, named Conyza, in Englishe Fleabane.

The like may be wrought, if after the condition of the vine, the principallest and first stemme shot vp, be on such wise digged about, that all onely the head of the same be left bare: which as it shall encrease, must the owner repeate: yea, a third time if neede shall require the same.

And in this doing, must the owner haue a care, that as the braunches spread forth (whether vpright or on the ground) to be cut away, herein preseruing onely that stemme, which shot forth last.

The Gourdes on such wise handled (as the Cucumbers afore noted) wil yeeld fruits without seedes, possessing onely Cartilages, and a soft pulpe within. If the owner would possesse fruites timely and very soone, then (after the instruction of the Greeke writers of husbandry) bestow in earthen pannes or old baskets without bottoms, fine sifted earth intermedled with dung, about the beginning of the spring, in which the seedes set, sprinckle and moisten sundry times with water: after this, in faire and sunny dayes, or when the gentle shower falleth, set them abroad, but when the Sun goeth downe, bestow the baskets with the plantes within the house againe, and these like order so often (and water when need requireth) vntill all the frosts, tempests, and cold seasons be gone and past. After this assoone as opportunitie and time will serue, and that a faire day bee present, bestow all the baskets and pannes of earth vnto the brim, in well laboured and dressed beds, and apply that other diligence required, through which the Gardener shall possesse timely fruite, aswell of the Gourde as Cucumber.

The same matter shall the owner bring to passe and cause, with lesser cost, trauaile, and time, if he cut away the wast braunches of the Gourdes, or tender shootes of the Cucumbers, for on such wise handled they speedier yeeld and send forth their fruites.

If the Gardener coueteth to enioy diuers formes on gourds, or sundry caracters on Cucumbers, let him bestow ỹ floure or tender yong fruit of either, as the same shall yet be hanging on ỹ braunch, into a moulde of like bignes as the fruit: which so handled, will after cause

the

whether the same be Gourd or Cucumber, to possesse on the vpper face, the like figures or caracters, as were afore imprinted within the mould.

For the fruit of either after the mind of Gargilio so much desireth a new forme, that it like representeth the image or figure imprinted within the mould. Insomuch that of what forme the moulde of the Gourd shalbe fashioned, on such manner shall the fruit grow within the mould: And Plinie for confirmation of the same reporteth, that he saw many Gourds fashioned in their full growth after the forme of a winding dragon. If the owner endeuoureth to possesse long and slender Gourds, he must bestow the yong fruits new grown, & hanging still on the vine branches, either into a truncke of wood, or a lõg Cane boared through all the ioyntes, which in time growing, will stretch and shoote forth into a maruellous length. For the substance which should encrease into a bredth, is caused through the hollowe pipe to stretch and growe slender, whereby the narrowneste of the hole so hindering the bignesse of growth, procureth the fruit to run into a length, as the like Gourd by the same occasion, Plinie sawe to extend well nine foote of length. The like fruits altogither shal the Gardener purchase, if vnder the vines, be set of some deepnesse in the ground earthen pannes filled with water, and they distant well fiue or sixe fingers from the Gourds hanging downe. For by the morrow or next day shall he see the fruits stretched euen downe to the water, by which feeding and handling of the pannes with water they may be caused to grow of a wonderfull length.

But the pannes for a time remooued or taken away, will cause the fruits to crooke and winde vpward, so much of property they ioy in moisture, and refuse or hate the drowth: yet of the oyle is otherwise to be learned, forsomuch as they deadly hate the same as Plinie writeth, which if in the stead of water it be set vnder the fruites, causeth them by the next day to winde another way.

If this likewise they cannot doe, yet do they writhe, and as it were disdaining of the same, crooke vpward after the maner of a hooke, as a like forme of the fruit may be tried in one night space.

This one matter ought especially to be cared for, as Columella after the Greeke Florentinus warneth, that no woman come or verie seldome approch nigh to the fruites of the Gourdes or Cucumbers,

for by her only handling of them, they féeble and wither, which matter if it shall happen in the time of the Termes, doth either then flea the yong tender fruits with her looke, or causeth them to be vnsauerie, and spotted or corrupted within. The Gourds determined to be kept for séede, ought after the minde of Rutilius the Neapolitane to hang stil on their vine, vnto the winter time, and cut or broken from the same, to be dried either in the Sun or in the smoke: for the séedes otherwise are prone to putrifie, and not after profitable to any vse. The Gourds and Cucumbers will endure, and be kept a long time fresh and faire to the eye, if they be hid and couered with white wine lées, not ouer eger or sowre, in the hanging downe in pipes or bogs sheads. They be in like maner defended and preserued by bestowing them in a pickle or braine. But they will a long time continue freshe and faire (as the worthy instructers of husbandry report) if so be they hang so high within the vessels, that they be nothing neere to the vineger. And the vessels appointed for the onely purpose, shall diligently be pitched ouer and round about, least the spirits of the vineger in the meane time breathe forth, and by nature otherwise is penstrable, through the thinnesse of partes. The Cucumbers may in like manner be kept for a long time, if they shalbe bestowed in a vessel of distilled vineger: for on such wise they putrifie not, as hath bèen tried of the skilfull searchers of secrets.

Thus by these practises, may the owner enioy faire Cucumbers and Gourds all the winter to vse, which if the Gardener will, shall he also preserue a long time, if while the fruits be tender, he cut them off, and scalde them in hote water, and after lay them abroad all the night to coole, and bestow them on the morrowe into a sharpe pickle of braine, made for the only purpose, which on such wise handled, wil marueilous well endure, vntill the new be come.

In this place commeth to minde, and that verie aptly, the same which Athenæus bosted, as touching his strange feast that he prepared for his friends, and especially in that he serued them with grène Gourds for a daintie dishe, in the moneth of Ianury, which so pleasantly sauoured and eate, as if they had bèen new gathered, in a manner. Which like, by studie and diligence of the Gardeners that exercised this art, they supposed them to be preserued.

As the like Nicander long before Athenæus and many others re-

port,

port, who will the Gourdes to be first dried in the aire, and stitched through the heades with a strong packthread, to be after hanged vp in the smoke, that the pots filled with them, may leisurely soke al the winter, and drinke in of the Wine.

At this day in France, through all the winter moneths, are the Gourdes hanged vp in the rookes of their houses, to be preserued for daintie dishes greene, when occasion offereth to vse them, especially those which are named the Citrones, that far longer endure, and be not so lightly subiect to putrifying.

The fruits of the Gourds, Mellons, Pompons, and Cucumbers, may be caused to loose and purge, like to many others, if the seeds be steeped for a night and a day in the licour made with Ruberbe, Agaricke, Turbith, Senæ, Colocynthis, Scamonie, or other simple purging medicines, and those after the bestowing in the earth, watered for fiue dayes together, and fiue times euery day. When the Gourd is felt vnpleasant, the fruits by the steeping, may after receiue what sauour and taste the owner will, if the seedes before they be committed to the earth, be infused for a time in any pleasant licour, whether the same be damaske or muske water, for the plantes shooting vp of these, will yeeld fruit of like sauour, as well being sodden as raw, after the condition of the Cucumber.

The like altogither may be wrought or caused without any art, if whiles the fruit is a seething, you bestow in the licour what taste, colour, or sauour you desire to haue. For the Gourd and Cucumber are of such a kinde, that they be voide of any qualitie.

The rinde of the fruite of the Gourd growen to full ripenesse, becommeth so hard as wood.

The Gourd planted in the ashes of mens bones, & watered with oile, yeeldeth fruite by the ninth day, as the ancient Hermes affirmeth. Which man, for that he teacheth vaine matters, for the same cause he giueth me occasion to credite him weakely. Yet experience doth many times cause the vncertaine to proue certaine.

The Phiſicke benefites and helpes of the Gourde.

The fruite of the Gourde, is of a colde and moiſt temperament, and the ſædes eſpecially vſed in medicine. That worthy Phiſition Criſippus with the Grækes, condemned or rather vtterly forbad the Gourds in meate, as vnprofitable for their coldneſſe to the ſtomacke.

That ſkilfull man Diphilus contrary affirmeth, that the Gourds boyled in water and vineger, doe ſtrengthen the ſtomacke.

The learned Galen writeth, that the Gourde in no manner may be eaten rawe, in that the ſame is vnpleaſant to eate, but either ſodden, roſted, or fried in a pan, is well commended.

The Græke writers of huſbandry doe report, that the Gourd doth loſe the belly, and that the iuice of the ſame dropped into the grieued eares, cauſed of heate, they affirme to profite, vnto which vſe of it ſelfe, and with the oile of Roſes dropped warme into the eares.

The outward rinde pared away, and the meate with the kernels, not fully ripe, beated or parboiled in water, and after ſhred ſmal like to the Cabbedge, and boiled with butter, onions, and a quantitie of Salt. This on ſuch wiſe prepared and eaten, profiteth leane men.

Others after the cutting of the vnripened fruit into round ſlices: boile them with butter in a diſh like Apples.

The wine ſtanding for a night abroad, in the hollow of the freſhe Gourd, and drunke with a faſting ſtomacke, purgeth gently the belly coſtiue.

The meat of the Gourd, after the ſædes taken forth applied, helpeth the cornes of the toes and feet: the iuice of it boiled, and rubbing the mouth therewith, faſtneth looſe teeth, and aſſwageth the paine of them, proceeding of a hote cauſe.

The ſeedes of the Gourd cleane picked from the ſkin, being ſodden in barly water, ſtrained, and drunke, helpe the inflammations of the liuer, kidnies, and bladder, the impoſtumes of the breſt, and prouoketh vrine.

If a ſicke perſon of the Feuer, refuſe to drinke of this water, a ſirrope then with ſuger, may be compounded of the ſame, which mightily profiteth all kindes of Agues.

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The iuice of the peeces of the Gourd, tempered with milke and vineger, in which a linnen cloth wet, and applied on the liuer, verie much asswageth the heate of the liuer.

When the winter approcheth, the seeds ought to be taken forth of the fruite, and these rubbed well with salt, that the clammie humors may on such wise be remooued.

The seedes ought rather to be laide in a drie place, whereby the proper moisture may not corrupt them, and those seedes like prepared, will indure for three yeares.

The peeces of the rinde of the Gourd brused, and annointed or applied in plaister forme on the heades of infants, doth asswage the inflammation or burning caused of the braine, the peeces or iuice of the same applied, doth like mittigate the burning Gout, and qualifie the inflammations of the eyes.

The Gourd after the fine shredding, applied in plaister forme, asswageth tumors and swellings, the dry ashes applied on burninges doth maruellously auaile, the ashes also of the rindes applyed on vlcers of the priuie place, beginning to putrifie, doth purgeth, and bringeth them to a scarre.

The iuice of the Gourd, after the boyling with a little bonny and Nytre drunke, gently looseth the belly, the same iuice mixed with the Oyle of Roses, and annointed on the ridge bone and loynes, closeth the burning of Feuers, this besides annointed, helpeth the shingles.

Here learne that the Gourd rosted, or boyled in a dishe or frying pan, is more wholesome than raw, for that through the rosting, it leaueth a great force of watery moisture, and therfore yeeldeth a stronger and worthier nourishment.

The Gourd sodden, requireth a tartnesse to be matched with it, for the same other wise is felt vnsauerie and without delight, so that it better relisheth, beeing matched with either salte, soure, or tart thinges that neerer agree to the benefite of our bodie, and the same ought to be on such wise prepared that it procure not the creature to vomit, as the singuler Galen hath cleerely vttered.

The benefites and helpes of the distilled water of the Gourde.

The chosen time for the distilling of Gourds, is when they bée full ripe, for these then are to be finely shred, and the kernels with the whole substance artly distilled.

The distilled water of the fruits, mixed with a quantitie of suger, drunke, not onely loseth the belly, but ceaseth thirst, and helpeth the cough proceeding of a hote cause.

The saide water drunke morning and euening, vnto the quantity of three ounces at a time, for sortie dayes togither, doth marueilously helpe the stone in the kidnies.

This water drunke in the like maner for ten days togither, purgeth the kidnies and bladder, and causeth drine. this also drunke in the like manner, qualifieth the burning of feuers, when no other medicine can allwage the same: this besides applied without, on the region of the heart, with linnen clothes wet in the same, like represseth the heat.

Of the rare helps and secretes of the Pompons, Mellons, and Muske Mellons. Chap. 31.

THe auncient both of the Greeke and Latin writers of husbandrie, attributed the Pompons and Mellons, to a kinde of Cucumbers which they confessed, veris nére to agrée with them, in that the Cucumbers, in their growth haue béene séene, to be changed into Pompons, and Mellon Pompons, which two kindes of fruite, doe differ in themselues, especially in the fourme and quantitie: for when these appeare to exceede in bignesse, they are then named Pompons, but they growing round, and in forme of an Apple fashioned, are by a bie-name of the Pompon and Apple, named Mellon Pompons. For which cause Palladius nameth all this kinde of forme of apples, Mellons, or as if a man should say he named them apple-wise or Quince like, which are not wont to hang, as Plinie writeth, but to growe round

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on the ground, and they are then growen to a ripenesse, when the stalke is parted from the body and a sweet sauour from the belly striketh to the nose. Further those growing after the fourme of ỹ quince, which properly are named Mellons, haue a harder and tougher meat than Pompons, and they not only enioy lesser wrinckles in the rind, but be drier, groser, whiter of flesh, and haue more seeds than the Pompons.

The other kinde named Cytrons, be in fourme and colour like to the Cytron, and the leaues of the branches deuided into many small parts after the forme feathers or wings of birds.

The other kinde named the Winter Pompons, are nothing so bigge of growth, as bee the common Pompons of the Garden.

But the best kinde of all, are the Mellons, next the Turkish pompons, and those made sweete by art, when the Seedes before the bestowing in the earth, are for a night laid in water well mixed with Suger, or honny.

The Mellons and Pompons hardly come vp in any Countrie, at due time of the yeere, without a labour, cost and diligence of the gardener in hastening them forward, nor these caused well to spread and yeeld before the great heate of the yeare be come, which season, some yeare, hapneth diuers and intermedled with cold, & either ouer dry, or ouer moist, which much hinder the ripening of them in the haruest time and toward the vintage. For which cause the Gardener ought to hasten the fruites forward by dung, and heate of the Beds, which alwaies procure a more healthy to persons. The seeds of Mellons to be cõmitted to the earth, ought to be such which haue bin kept within the fruit, vnto the full ripenesse for the same: for these then taken forth of the Mellon be more worth, and reserue in them the proper substance within the bodies. If the owner would possesse the fruites of the Mellon timely, he ought afore to infuse the seeds in luke warm water, for fiue or ten houres, and those after to bestow in beds, prepared, about the tenth day of March, well three or foure foot distant one from the other, and the beds to cast well two foot high, and so manie broad, and to fill them with old dung finely broken, and with blacke earth sufficiently loose wrought togither, for on such

wise

wiſe handled, they yéld a bigger, fuller and pleaſanter fruite. Certaine ſkilfull Gardeners beſtow horſe dung in beddes, ſo hote as the ſame commeth forth of the ſtable, to cauſe the plantes farre ſooner to ſhoote vp, and they turne vpward fiue or ten of the ſeeds of the pompone with the ſharpe ends downeward, as certaine do foure or fiue of them to come vp, and thoſe they lightly couer ouer, with much beating or treading the earth downe on them Rutilius in his huſbandry, willeth the ſeedes, both of the Mellon and Pompon, to be thinne ſet in beddes, in ſuch manner, that the ſeeds be placed well two foot aſunder, and the places well digged and diligently turned in with fine dung, for the plantes ioy in a libertie, that they may ſpread at wil hither and thither, and are greatly holpen by other hearbs, growing among them, as the Cucumbers are, ſo that they ſhall néede but litle raking and plucking away of other hearbes.

After theſe, for danger of the cold and frotts, the owner may couer the plants and beds with light mattreſſes made of ſtrawe, or with matters ſpred on rods, ſhored vp with the forkes ſet at ech corner of the beddes, or he may for a ſéemelier ſight, lay abroad boordes or tables on pillers or other ſtayes of ſtone, ſet at ech corner of the beds, in ſuch manner, that the boords may be lifted off, when the ſunne ſhineth hote, and ſet ouer againe, at the going downe of the ſunne, or when the cold aire is felt.

And aſſoon as the Mellon hath yeelded leaues ſufficient great, the Gardener ought to water the ſame gently and ſoftly, with a liſt ſharpened at the end hanging forth, and broade at the other ende, reſting within the Potte or Diſhe full of water, which on ſuche wiſe continually moiſtneth (by the drops falling) the Earth verie drie.

The Mellons further growen, the owner ought to remoone, and ſet the plantes againe. When the fruites are yeelded ſo bigge as Orenges, and this eſpecially muſt bee done after the middeſt of May, when as the colde of the yeare is well ſpent, that otherwiſe might hinder the growth of them, and ſette well ſixe foote diſtant one from the other, in beddes diligently dunged and laboured.

The Pompons purchaſe a far greater ſweetnes, and pleaſanter in taſte, if the ſeeds afore be ſteeped for three dayes in water well mixed with

with Suger, or in water and honny named Mulse, and in like maner the fruites are found swæt in the eating, if the sædes steæped in new Cow milke, be then set well in dressed beddes.

The Pompons in like maner will obtaine a sauour of Roses, if the sædes afore be laied among drie Rose leaues for twentie or thirty days togither, and those after with the leaues, set in well dressed beddes, or the Sædes steæped in Rose-water, or other odoriferous licour, which after the drying in the shadow, then as afore vttered, committed to the earth.

As the worthy Authour Florentinus in his Græke instructions of husbandry writeth, and after him the like that worthy Rutilius.

Here I thinke it a matter not to be omitted, that Cattes by an earnest desire couet the Pompons, for which cause the owners must haue a care to loke diligently thereunto.

To procure Pompons to continue a long time without decaying or corrupting, let the owner water the plants for a time, with the iuice of Houseleke.

The other matters to be learned, are fully taught in the secrets of the Cucumbers and Gourds, where many deuises are vttered, that may be vsed comm̃. As if the owner would enioy timely fruits, and hauing strange formes on them, big, laxatiue, and without Sæds, let him diligently reade and consider the former Chapters, both of the Cucumber and Gourd.

The Mellons and Pompons ought then to be gathered, when the stalkes begin to sæble, and the fruits to yeld a pleasant sauour in the eating, at which time the owner must diligently take heede of cattes, that haue an earnest loue and desire to them, as afore is vttered.

Also the gardener ought to conceiue, that those named the winter Pompons, doe neuer grow to a full ripenesse on their beds, & for that cause, to procure them spædily to ripen, he must (after the gathering) hang them vp in the roofe of the house, and eate of those, when they appeare yellow within.

The Phisicke commodities of the Pompons and Mellons.

The learned report, that the Mellons coole and moisten in the second degree, yet those felt swæte in taste, are temperately colde. The seeds also are vsed in medicine, & possesse the same property.

Diocles Caristius (in libris salubrium) vttereth, the Pompon to be easie of digestion, and to comfort verie much the heart, yet the same yeldeth but a small increase to the bodie.

Diaphilus reporteth, that the meat of the Pompon doth make fat, yet veris hardly digested, though coldnesse mixed with the moisture of the same, besides it rendereth a small nourishment, and hardly moueth the belly.

Phænias reporteth, that the Pompon must be eaten after the stomacke is emptie, for that this is otherwise lightly cõuerted into those humours, which of the same occasion hinder digestion, through the preheminence that it then obtaineth in the receptakle of the meat or stomacke.

Therefore hee willeth the Pompons, to be eaten with a fasting stomacke, and to pause from eating any other meate, vntill this in the stomacke be halfe digested.

Diphilus writeth, that the Pompons eaten, doe greatly allwage vnnaturall heates of the stomacke, and mittigate wicked Agues.

Galen reporteth, that all kinde of Pompons, haue the propertie of cooling, and enioy a large moisture, yet those not without a manifest qualitie of clensing, in that the Seedes maruellously clense the face of sun-burning, of pimples, and foule spots.

This authour further addeth, that the same doth yeld and cause a wicked iuice, although it may sometimes be well digested of the stomacke.

Besides he affirmeth the same to cause Choller, and to yeld the plentie of moisture out of order.

The Pompons ought to bee eaten for the first meate, but in such maner that such which are fleumaticke do drinke olde wine after the same, and the Cholericke, to drinke some soure or tart thing after it, for on such wise handled, is all maner of harme auoided.

For this kinde of meate doth lightly alter into choller, or fleume, for which cause the ouer sweet Pompon doth offend the Chollericke, and the fruit vnripe the fleumaticke.

Many worthy men preferre the long Pompons before the round, yet doe all the kinds moue or lose the belly, and cause drinz, so that they shall be ripe. For which cause they are iudged profitable for the kidnies, but the seedes more auaile, insomuch that stones there pre-

pared

pared they marueilously expell.

The outward rinde of the Pompon applied to the forehead doth effectuously allwage and stay the running of the eyes.

Such which haue a hote stomacke, and encombred with Choller, are greatly harmed, if they drinke wine after the eating of the same, in that of the owne natu. e it is lightly caused, and the wine immediatly increaseth it more, and causeth a sharper humour in such bodies, and apt to vomit: yea this also extenuateth, grosse and clammy humours, yet doth it well agree, that the fleumaticke eate of the Pompon, forasmuch as in the same is a substance tender and soluble, that is, the same which is next to the seede, for this doth not lightly corrupt.

The persons which eate of the Pompons, may not immediatly eate any other meate after them, in that those both corrupt, and alter the same eaten.

All the kindes of pompons prouoke vomiting, in bodies prepared, except the meate enioying a good iuice, be eaten immediatly vpon, for they on such wise, mooue the speedier downward.

The greater number of Phisitions write, that those eaten, doth mittigate the veneriall act, and doe abate the genitall seede.

The seeds properly clense the face, if the skinne be sundry times washed with the decoction of them: the Pellons (as Galen reporteth in lib. de facultatibus alimentorum) haue the propertie of clensing, for which cause they may aptly cleere sunny spottes, pimples, and other foule spots both on the face and body.

The seedes of the Pellon cleane picked from their vpper skinne, and diligently brought to powder with Beane floure, this after the artly mixing with Rose water, and dried in the sunne like cakes, dissolue in faire water, washing the face sundrie times with it: for it marueilously clenseth, and procureth with wine a cleere face, yea the same mundifieth all foule spots on the skinne.

The seedes also haue the propertie of causing vrine, yea those purge both the Loynes and kidnies, but the seedes more anaile in the Loynes, than in the bladder, so that a mightier remedie must bee inuented for the stone in the bladder, than for the stone of the loines and kidnies.

The rootes of the Mellons, not onely cleanse, but heale the vlcers full of matter, being applied with honny in plaister forme.

Many there be, which eat the Mellon with vin eger, but to it they adde and mixe, the Pennyroiall and Onions, by which the harmfull force of the cold, might so be temperied.

Dyphilus writeth, that a little peece of the Mellone put into a pot with meat, causeth the speedier boiling of the Nettle or Mustard-seeds or the slip of the fig tree, on such wise ordered.

The commended helpes of the distilled water of the Mellons.

The best time for the distilling of Mellons, is when they be throughly ripe, which shredde small, distill after art, about the harvest time.

The distilled water of the Mellons drunke, helpeth singularly the stone, procureth vrine, and cleanseth the kidnies, the rather being vsed both morning and euening, for three or foure weekes togither, vnto the quantitie of three or foure ounces at a time.

The said water, for a time drunke, not onely cooleth the Liuer, but cooleth and extinguisheth all inward heats not naturall, yea this tempered with Suger and drunke, ceaseth maruellously thirst.

The water drunke, in like maner abouesaid, amendeth speedely an old cough.

The water applied without the body, with linnen clothes wet in the same, not onely expelleth the heates, but the swellinges of the bodie, whersoeuer those shall happen.

Worthie

Worthy inſtructions about the ſowing and ſetting of ſundry phiſicke hearbes, to theſe of the greateſt number of fragrant hearbes, and pleaſant floures, and firſt of the bleſſed Thiſtle. Ghap. 32.

VVHere afore we haue ſufficiently written of the apt placing and workmanly ordering of the moſt hearbes and fruites, both for the pot and ſallets, and for their benefits for the vſe of phiſicke: in this part following (for a further encreaſe and comfort of the ſimple) we purpoſe to entreate not only of the artly placing of ſundrie phiſicke hearbes: but to what vſes theſe ſerue for the aid and benefite of health.

And of theſe we entend to begin with that worthy hearbe named the bleſſed Thiſtle (for his ſingular vertues) aſwel againſt poyſons, as the peſtilent ague, and other perilous diſeaſes of the heart: which to many at this day is very well knowen, although great controuerſies haue bẽn amongſt the auntient Phiſitions, about the true deſcription of the hearbe: for both the name and forme of the hearbe, doe declare the ſame to be a kind of thiſtle: yet the learned Ruellius writing of the bleſſed thiſtle, came neerer to a troth, and faithfuller deſcribed the forme of the hearbe, in that hee affirmed the ſame to haue a big ſtalke, and leaues criſped with prickles (after the condition of the Endiue) the flowre yellowiſh, and ſeeds ſmall, contained within the ſoft downe, (as in the other thiſtles) and that they be late ware ripe.

This hearbe named the bleſſed thiſtle, requireth to be ſowen in a well laboured ground, and the ſeedes ought to be committed to the earth in the firſt quarter of the moone, but thoſe not to be beſtowed in beds aboue three fingers deepe.

The hearbe alſo ioyeth and well proſpereth comming vp among Wheate.

The Phiſicke benefites and helpes of the bleſſed Thiſtle.

The herbe of qualitie is hote and drie, which the bitter taſte of the ſame well demonſtrateth, beſides it drieth & ſomewhat digeſteth: the herbe hath the nature and propertie of opening the ſtopping of members, of pearcing and cauſing vrine.

The bleſſed thiſtle either eaten or drunke deliuereth the patient from the mightie paine of the head which vereth about the eyes: this alſo putteth away the giddineſſe of the head, reſtoreth (by a like reaſon) memorie loſt, the hearing, and diſeaſes of the Lungs.

The leaues brought to pouder, and drunke in wine, conſume and ſend forth the flemme of the ſtomacke, but the leaues are the better and handſommer taken, if the pouder pilles be made.

This in like maner purgeth the breaſt and bloud, and very much profiteth the conſumption of the Lungs: the leaues boiled in Wine, and drunke hote, doth ceaſſe gripinges, prouoke ſweate, breake the ſtone, and helpe the monthly termes.

The herbe for a time vſed, comforteth the braine and ſight, not only if the ſame be eaten, but if the eyes alſo bee annointed therewith.

When the iuice of the herbe cannot be had, then let the pouder, or the herbe it ſelfe dried, be ſteeped for a night in water, and the eies waſhed with the ſame. The iuice alſo dropped into the eyes, remoueth the bloud conſiſting in them.

The bleſſed thiſtle reſtraineth or ſtoppeth the bleeding of the noſe, or mouth, if the herbe be applyed to the place, from whence it runneth.

The pouder of the ſame herbe purgeth the Vuula, the Iawes, and throate, and cauſe that the patient may the eaſier caſt and ſpit forth flemme and groſſe humours.

The herbe drunke in wine, amendeth a weake ſtomacke, procureth

cureth an appetite to meate, and abateth the heate: yea this consumeth the euill bloud, and engendreth the good.

If the herbe shalbe boyled in water and drunke, the same consumeth euill humours, and preserueth the good, this boyled in wine and drunke, prouoketh sweate.

The herbe drunke boyled, or raw with wine, breaketh the stone, the same eaten, strengthneth the palsie members, and recouereth the exulcerated lunges.

The blessed thistle boiled in the water of a healthfull male childe drunke, profiteth the dropsie persons, helpeth the plague, and dissolueth all impostumes: yea, this remooueth the canker and falling sickneese: the pouder of the leaues, vnto the quantitie of halfe a Walnut-shell at a time drunke in wine, is a moste present remedie against the plague, if the same shall be receiued within foure & twenty houres space of the time grieued: If wine be boiled with the herbe, and drunke, profiteth the like: this by a like maner receiued, amendeth the rotten Feuers of the stomacke, and such encombred with the feuer Quartane: the downe proceeding of the flowres of the blessed thistle, applied on deepe cuttes, and newe woundes, doth in short time tune cure them without paine.

The pouder of the herbe mixed with meale, and a plaister employed of the same with hote vineger, helpeth the pusches and other swellings of the plague: the herbe cureth any manner of burning, and the blisters proceeding of the same, if afore dried, and mixed with the proper iuice it be applyed on the places.

This herbe drunke with white wine, remooueth the Collicke, and putteth away scabbes: the herbe chawed in the mouth, amendeth a stincking breath: the hearbe also bruised, and applyed on botches speedely cureth them: yea, this recouereth the defaultes of womens places, and causeth the termes.

The bite of venemous beastes may be holpen, either with the iuice, or decoction of the hearb in water, the pouder of the herb eaten or drunke, helpeth stitches in the side, and the pleurisie: this also profiteth infantes incombred with the falling sickneese, and wormes.

Manie worthie phisitions affirme, that the pouder or iuice, or the decoction of this hearbe doth expell all maner of poisons: the example

of

of which matter, Hieronimus Tragus (in his Herball) learnedly vttereth, where he reporteth that there was a certaine young maiden, which vnknowing thereof, did eate poyson in an apple giuen to her, whose bodie incontinent swelled, and no medicine could allwage the swelling, vntill that the distilled water of this herbe was ministred to her, which in short time mitigated or abated the swelling, to the wonder of many, so that on this wise the childe was deliuered from all perill of the poyson.

A like history reported of others, that a childe happened to sleepe in the field open mouthed, into whose mouth an Adder crept & went down into the bodie, but after two ounces of the distilled water was ministred, the Adder incontinent crept forth again by the fundament without further harme or hurt vnto the childe. Wherefore against all poisons, they affirme the ponder, iuice, decoction, or distilled water of this herbe, to be a singuler remedie, applied either within or without the bodie: but after the taking either of these, the patient ought to be diligently couered with clothes, that he may well sweate for three houres space.

The wine made in harueſt of the blessed thistle, and drunke in the time answerable, profiteth and helpeth all the griefes before vttered.

The commended vertues of the distilled water of the blessed Thistle.

The time and order of distilling of the same, is that the hearbe alone, about the end of May be distilled.

The water distilled of the blessed thistle drunke vnto the quantitie of two or three ounces at a time, both morning and euening, putteth away head-ache, comforteth memorie, helpeth the giddinesse of the head, and recouereth especially all the griefes of the eyes, although they be but washed with the same.

The water in like maner taken, profiteth such being in a cõsumption of the bodie. The water in like quantitie drunke both morning & euening, breaketh the stone, & cureth any burning, by often applying linnen

linnen clothes wet in the same.

The patient molested with the quartayne or any other Ague, by taking three ounces of the distilled water of the herbe fasting well a quarter of an houre before the fitte of colde beginning, and lying downe to sweate, be well couered with clothes, shall within certaine fittes so vsing himselfe, be deliuered either of the one or other Ague, the like doth the decoction of the herbe or the pouder drunke hote with wine.

Against eating Cankers, or any other putride vlcers, there is scarsely to be found any other worthier than the leaues, the Iuice, decoction, or water of the blessed Thistle. And notable diseases hath the herbe recouered, especially in women, whose breasts were eaten and consumed with the Canker, euen vnto the bare ribbes, by clensing first the places with this water, & applying after the pouder of the herbe, which on such wise handled, healed them in short time.

And Bathes are profitably made of this herbe, for the dissoluing of the stone, and prouoking of the Termes.

What care and secretes are to be learned in the sowing and setting of the herbe Angelica. Chap. 33.

THe herbe Smyrnium, which at this day of all the Phisitions and poticaries throughout Europe is named Angelica: this when in the first yeare it shall come vp of the seede, yeeldeth stalkes of a foote and a halfe high, a finger bigge, rounde, tender, smooth, and bending backe to the earth: these also deuided and spread foorth into two, or three, and many times foure smaller stalkes or armes, in whose toppe are leaues in forme like to the leaues of the Smallach, but farre greater, and those deuided into three partes, sharpe fashioned at the ende, and growing vnto twelue fingers in height and breadth, and green al the Winter.

In the second or third yeare, ỳ stemme shooteth vp, out of the middle of the leaues, and in height two or sometimes three cubites, encreasing within a thombe bignesse for the more part, round, ioynted, whitish and smoote, & as the same were sprinckled with dusty spots and hollow within, beset also with leaues in ioynt forme, much lesser than the aboue saide. This also hath litle branches, and certaine

stemmes shooting foorth, in whose toppe are great tuffes, well fiue or sixe inches broad, and those in forme imbossed round, and full of whitish floures, in which do after succeede two seedes, conioyned together, long, cornered, and of an ashie white coloure: those also contained within the huske, be long, plaine, blacke without, white within, and the tough kernell couered with a rinde or pilling sharpe edged. This encreaseth in roote many times so bigge as the hand can claspe about, and sometimes bigger, yea it sendeth foorth the roote before the stemme be come vppe, which roote encreaseth in yeeres well a foote of length, or into many parts deuided, being blacke without, and white within, bigge, soft, and full of Iuice, which being cut, sendeth foorth a yelow Iuice or licoure from the inner side of the rinde, and a like licoure is contained in the veines of the leaues, but the same more watery.

The roote, seedes, and leaues possesse an eger taste, fretting the iawes, somewhat bitter, thinne, and aromaticke or sweete smelling.

The most effectuous of all the partes, is the proper licour next the seedes, then the roote, last the floures and leaues.

The hearbe Angelica ioyeth to be sowne in a wel laboured earth, and the same rather dry than moiste, for the harming by wormes, after the comming vp, this requireth to bee diligently weeded about, and seldome watered. This Angelica flourisheth and beareth floures in the monethes of July and August.

The Phisicke commodities of the Angelica.

THe hearbe of qualitie is hote and dry in the third degree, it openeth extenuateth, and dissolueth.

This hath speciall properties against poysons, it cleareth the bloud and body.

The roote is soueraigne against the plague, and all maner of poysons, the like doth the distilled water of the roote preuaile.

The pouder of the hearbe, vnto the quantitie of halfe a dramme, with a dramme waight of pure Triackle, giuen in foure or fiue ounces of the distilled water of the same, and the patient well couered to sweate, doth maruellously helpe the infection of the plague, and sudden agues or sweating.

And

And for lacke of Triacle, may a whole dramme of the pouder be ministred.

The roote of the herbe (after the infusing in vineger) applied to the nose, or the pouder of the roote drunke sometimes fasting in wine, very much auaileth against a pestilent ayre.

The distilled water of the Angelica, or pouder of the rote, ceaseth gripings of the belly proceeding of cold, if the belly otherwise be not costiue. To be briefe, the distilled water and pouder of the roote, recouereth al inward griefs of the body, and in the pleurisie or stitches of the sides, this is profitably ministred. The pouder of the Angelica (or as some write the distilled water of the herbe) helpeth ruptures, and the diseases of the Lungs, it putteth away gripings of the belly, amendeth the straungury, sendeth forth the yongling and Termes, and dissolueth all inward swellings of the body.

The roote boyled in wine or water and hony, and drunke, preuaileth in all the aboue said griefes, being in due order ministred. The Iuice bestowed into hollow téeth, stayeth the running of them: the water of the herbe dropped into the eares, doth like auaile in the same. This also amendeth the dimnesse of sight. The leaues of the Angelica wrought with the leaues of Rue and Hony in a plaister forme, and the same workmanly handled, doth not onely heale the bit of a madde Dogge, but the sting of venemous wormes. This plaister applyed on the head of the patient sicke of the Ague, doth in short time draw to it, all the heate of the feuer. The distilled water, Iuice, and pouder of the herbe, workmanly applyed in the deepe woundes, do clense, and regenerate or renue fleth in the places.

The distilled water applyed with linnen clothes wet in it, doth marueilously allwage the ache of the hippes and gout, in that the same consumeth soft and clammy humors gathered.

Many other vertues of this hearbe may be gathered by the former helpes vttered.

The seedes haue like properties as the rote possesseth, the wilde Angellica is weaker in vertue, but boiled in wine and applyed in plaister forme, doth especially cure new and old vlcers.

What care and diligence is required in the arly sowing of the hearbe Valerian. Chap. 34.

The Valeriane groweth vppe with a long and high stemme, ioynted and hollow, bearing on the toppe a tuffe, and flowers purple mixed with a whitenesse, or white mixed with a reddnesse, after the forme of Dragany, the roote as bigge as the little finger, and white, with many other small rootes branching in the earth, and these yelowish of colour, sweete in sauoure. And this doth Hieronimus booke report to be true Valerian, and that rare to be found, which for the rarenesse, is at this day sowen in many Gardens. The Valerian commeth very well vp, being bestowed in a moist and well dunged ground, and the hearbe after the comming vp, requireth to be often watered, vntill it hath yelded a high stemme.

The Phisicke benefits of the Valerian.

The hearbe of qualitie heateth in the third degree, and drieth in the beginning of the second, and the roote especially serueth for the vse of Phisicke.

The roote of the Valerian brought to pouder, and drunke in wine, prouoketh sweate and drine, the like perfourmeth the roote it selfe being boyled in Wine: yea, this also amendeth the paine and stitches of the sides and backe.

The roote dried may be kept for three whole yeares, and gathered especially in the moneth of August.

The pouder of the roote of Valerian, mixed with the white Hellebor or næsewort, and the flowre of wheate, this in apt places layed, killeth Mice. The roote boyled in white wine with Fennell and parsely seedes, doth mightely prouoke the drine, colde, helpeth the paines in the sides, and mouethe Wormes.

This also preuaileth against poyson, and the plague, by drinking of it.

Certaine do boile the roote of the Valerian, with Fennell, Annise seedes, and Licourise, for the cough and straightnesse of breath.

The

The greene Hearbe and fresh roote bruſed, and applyed, doth mittigate the paine of the heade, ſtay fluxes and, profiteth the ſhingles.

The flowers or roote boyled in wine, and dropped into the eyes, procureth a clearenesse of them, healeth the great piles in the fundament, and other vlcers, but this especially amendeth the dimnesse of sight, as Ieronimus booke witnesseth.

The worthie vertues of the distilled water of the Hearbe.

The conuenient time of the distillation of the same is that the root, hearbe, and stem, with the whole substance be shred togither, and distilled about the end of May.

The distilled water of Valerian, drunk vnto the quantitie of foure ounces at a time, both morning and euening, and linnen clothes wet in it applyed vpon, doth in short time amend vlcers, olde sores, and those causing swellings: yea, this auaileth against the piles, by applying linnen clothes wet in it.

The saide water drunk in like quantitie, both morning & euening profiteth the creature hauing any bone broken: this also helpeth a rupture, or a body broken, and dropt in the eyes, cleareth them.

The distilled water of the Valerian, drunk vnto the quantitie of a spoonfull at a time, euery morning fasting, doth expell the long woormes in children.

This water drunk in like maner, as afore vttered, profiteth against poyson, and a pestilent ayre: it healeth new and olde wounds, cleareth vlcers and impostumes within the body, and remoueth the ache of the hips.

The distilled water orderly drunk, procureth cleare eyes, remoueth the paine in them, and prouoketh sweat, this poured into troubled wine, causeth the same purer and clearer to be drunk.

The said water asswageth the pain of the members, proceeding of an vntemperate coldnes, by daily annointing the members with it.

The vertues of the diſtilled water of the rootes of Valerian.

The diſtillation of this water is to bee wrought, from the fifteenth day of Auguſt, vnto the eight day of the Moneth of September.

This diſtilled water drunke, as afore taught, doth remoue poyſon, and profiteth againſt venomous beaſts.

The water diſtilled drunke faſting, vnto the quantitie of fiue ounces at a time, before the fitte commeth, deliuereth the Quotidian Ague.

The ſaid water in like quantitie giuen, and both annointed, and applied with linnen clothes wet in it, amendeth the ſtitches in the ſides.

When two perſons at variance, ſhall drinke a quantitie of this water out of one cup together, it doth after procure them friendes, and louing one to another.

The diligence required in the beſtowing of the herbe Bytonie. Chap. 35.

The Bytonie is an herbe, hauing a ſlender ſtemme, and foure ſquare, growing in many places a foote and a halfe high, the leaues long and ſoft and indented round about, like the Oken leaues, and ſweete ſmelling, among the which, greater leaues are thoſe growing nigh to the roote: in the top of the ſtemmes is the ſeede, eared after the maner of Sauerie, the rootes ſpreading ſmall, and beareth purple flowres.

The herbe Bytonie ioyeth to be ſowne in a moiſt & colde ground, and by a brick or ſtone wall to enioy the ſhadow of the ſame, for the herbe much delighteth to ſtand in the Sunne beames.

The Phisicke commodities of the herbe Bytonie.

THe hearbe Bytonie (after the minde of the learned) is hote and drie in the first degree complet, or in the middle of the second, and hath the nature of cutting asunder, which is manifest of the taste, that is sower and somwhat bitter.

The hearbe boyled with the floures in wine and drunk, staieth belching, the rawnesse of stomack amendeth, and the soure restings correcteth. The selfe same may the distilled water, or a confection made of the floures with sugar, or the pouder of the drie hearbe it selfe, or ministred with honny.

The hearb drunk in wine, very much profitet h the diseases of the Matrice: and this to be briefe, is anaylable to all inward griefes of the body, in what maner soeuer the same be taken. For this giuen in Pulse vineger vnto the quantitie of a dramme, profiteth in the sending forth of the harmefull humours of the Stomacke, Liuer, Pilte, Kidneyes, Bladder and Matrice.

The person which feareth to haue drunk poison, by taking a dram waight of pouder in wine, shalbe deliuered of the harme both by vrine and stege.

The hearbe (after the boyling in water) drunk, profiteth phrensie persons, such hauing the falling sickenesse, the Paulsie, and ache of the Hips.

The hearbe helpeth digestion, if any after supper eateth vnto the bignesse of a beane of the same, being afore boyled in honny, this also steped in wine for a night, and drunke stayeth vomiting.

The hearbe boiled in wine and drunk, expelleth the Ague, and ministred to the waight of two drammes, with Hidromel, sendeth foorth the water betweene the skinne, and many humours.

The pouder of the Hearbe to the weight of a dramme drunke with wine doth speedely help the Jaundise, and sendeth downe the Termes.

The Bytonie boyled in wine and strayned, if with three drams of Hiera Pigra Galeni mixed and drunk fasting, gently purgeth the belly: the Herbe boyled with Honny, recouereth the consumption of the body, and mattery spittings of the Lungs.

The

The herbe brused, and applied in plaster forme on the hurt of the head, as witnesseth Apuleius, doth by a marueilous spædines close and heale the same, yea, this hath such a propertie, that it fastneth broken bones, and by this force draweth forth, and dissolueth the clotted blood.

The pouder of the herb giuen to the weight of a dramme in wine, stayeth the spitting of blood.

The leaues brused and applyed in plaister forme on the eyes doth speedely helps the eyes brused or hurt by a stripe: the rootes also of the hearb boiled to a third part in water, and the eyes suppled with the same water, do spædely remoue the paine of them.

The iuyce of the hearbe dropped into the eares with the oyle of Roses, remoueth all maner of paine in them, the same amendeth the hardnesse of fetching of breath, if the brest be annointed ther with: the herbe eaten causeth the clearenesse of sight.

The Bytonie boyled in old wine and vineger, vnto the consumption of a third part, and gargalled in the mouth, remoueth toothach.

This drunke in wine, recouereth an euill colour of the body, the same boyled in wine and drunk, they affirme of experience to profit the diseases of the Milte.

The eating of two ounces of the pouder with Honny for eight daies together allwageth the cough, two drammes of Bytonie and one of Plantaine, ministred with foure ounces of warme water before the fit of colde, putteth away the quotidian.

Three drammes of the pouder, with one ounce of pure Honny giuen in three ounces of warme water, before the fit comming, doth marueilously remoue the fits of the Tertian and quartane ague.

For griefe of the bladder, take foure drames of Bytonie, of Parsely rootes three scruples boiled, but the rootes of the Parsely afore boiled in a pinte of water, vnto the consumption of the halfe, and then the Bytonie added to, and giuen to drink, which so deliuereth the paine, that neuer after it commeth againe.

The Bytonie drunk in wine, dissolueth the stone, & helpeth al painfull griefs of the bladder: yea, this is most effectuous in ỹ strangurie, certaine persuade for a singular remedy against the stone, to drinke the pouders of Bytonie, Veruaine, and Yarrow, by equall portions in water.

The

The rootes of Bitony boyled with the leaues vnto a third part away, and drunke in water, with the Hearbe applied alone, doe marueilously asswage (of experience knowen) the paine of the Gout. The leaues heated betweene two new Tyles, and applyed to the forehead, do mitigate the griefe of the eyes and stay the running of them, in that this amongst the other hearbes, which they apply to the head, obtaineth a principalitie.

The commended vertues of the distilled water of Betonie

The time of gathering, and distilling of the Betonie, with the whole substance, is about the end of May.

The distilled water of Bitonie, as Hieronimus Brunsuicensis, a most expert Herbarian witnesseth, drunke vnto the quantity of foure ounces at a time, both morning, none, and euening, putteth away the dropsie Jaundise, and any ague.

The distilled water helpeth the diseases of the kidneys, mylt, and Lungs, and all those griefes tofore vttered: the water either drunke or applied on the places with linnen clothes wet in it, if the euill or griefe shall appeare without the body.

The skill and diligence required in the artly bestowing of the Hearbe Louage. Chap. 36.

The Louage ioyeth to grow by wales, and vnder the Eiuesing of an house, it also prospereth in shadowy places, but especially delighteth to growe neare to a running water.

This in the growing sendeth vp a long and slender stem, like to Dyl, ioynted, with leaues round about like to the Melyote, swæte sauouring, tenderer and softer, towards the toppe smaller and much more deuided. In the toppe of the stem groweth a tuffe, in which consisteth the seede, blacke, hard, and long, like to the Fennell seede being sharpe in tast, and sweete in smelling, it also beareth a yelow floure, and hath a pale rote within, but blacke without, sharpe, sweete sauouring, tender, full of Juyce, and byting the iawes.

The hearbe for his sweete sauour is vsed in bathe. but the sæde is of greater effect in medicine.

The Phisicke benefites of the Hearbe Louage.

THis Herbe of qualitie is hotte and dry, in the third degrée, the sædes indure in strengh and vertue for three yæres.

The drie rote bruised heateth the stomacke, helpeth digestion, expelleth superfluous humors, and drunke in wine, vnto the waight of halfe a dramme at a time, ceaseth all inward griefes, this also expelleth poisons, causeth vrine and the Termes, and performeth the like matters, which the Angelica doth.

The Hearbe boyled in wine or water, and drunke, openeth the stopping of the Liuer and milte, the hearbe bruised and mixed with Cummine, very much profiteth if the same be drunke in wine, for this reconereth the stomacke, and expelleth noyous windes out of the bowels.

The hearb Louage with Galingale and Cinomon boiled in wine, and drunke with a fasting stomacke, amendeth the diseases of the stomacke, milt, and bowels, a pouder like to Eclegma prepared of the Louage seedes, Cinomon, Raponticke, and Galingale, with sugar in equall proportion mixed, and drunke in wine, auaileth vnto the aboue layd diseases.

If any drinke a quantitie of the Louage sædes, in wine fasting, it procureth the person to purge both vpward and downeward, the sædes after the boyling, giuen vp in glister forme, doth greatly ease the person pained with the Gout in the feete.

The Seedes steeped for a night in white wine, & drunke fasting, doe mightely draw downe the Termes, yet are the seedes of themselues ouer forcible vnto the vse of the medicine inward, in that they ministred or applied in plaister forme, doth breake and open vlcers yea, expell mightily the dead yongling.

For which cause the strength of those seedes must be tempered, by a like waight of the Fennell and Annis seedes, which on such wise ministred, worketh his propertie in the bodie without harme.

But the seeds may safely be applyed without the body in any maner without any other addition to them.

The

The Louage ſéedes boyled artly in Wine, do aſwage the gripings of the belly and bowels, remoue the ſwelling of the ſtomacke, digeſt the humors of the ſtomacke, cure the bite of venemous woormes, procure vrine and the Termes.

A bath made of the Louage, Roſemarie, Peneroyall, Sage, Catmint, Cammomyll, Melilote, the Cytrine Stæchados, Mugwort, and Fenegrate, theſe together boiled in wine, and ſitting ouer the fume to ſweate, not onely openeth the poares of the body, and draweth foorth all euill humours, but diſſolueth the ſtone, procureth vrine and the Termes, healeth the Crampe, procéeding of the fulneſſe of body, the paine of the Gout, the Palſie, the kings euill, and heateth all the inner members.

The roote bruſed and applyed in plaiſter forme, doth greatly auaile on the bitte of a mad dog, and venemous woorme, in that the ſame both mitigateth and expelleth poyſon.

The commended vertues of the diſtilled water of Louage.

The time of the diſtillatiõ of the ſame is, that the leaues ſhred together with the ſtems, be diſtilled in the middle of May.

The diſtilled water of the Louage drunke morning and euening vnto the quantitie of two or three ounces at a time, doth in ſhort time helpe them, pained with ſtitches about the breaſt and ſides, remoueth the griefe of the ſtone in the Loines and bladder, cleareth the hoarſeneſſe of voice, and putteth away the dangerous ſwelling of the throat, by waſhing and applying on the ſame, linnen clothes wet in it.

The diſtilled water aſſwageth the ſwelling of the head, and the aking of the ſame, if linnen clothes wet in it, be applyed vpon, it procureth a white and louely countenance, if the ſame be diligently waſhed both morning and euening with water.

This helpeth the puſhes, and redneſſe procéeding of heate, happning commonly from the knée downeward, by applying linnen clothes wet in it, that ceaſeth the heat and cureth the puſhes.

This cureth the Canker of the mouth, if it be often waſhed with the ſame, and that at eche time, the pouder of the Barberrie roote be ſprinckled vpon.

This alſo cureth the griefe and exulceration of womens places, if theſe be waſhed there with: for three or foure times a day the ſame dooth the layd water perfourme, if linnen clothes wet in it, be ſundrie times applyed vpon.

What care and ſkill is required in the beſtowing of the Herbe Elecampane. Chap 37.

The Herbe Elecampane groweth vp with a long ſtem, big and mollie, and the leaues with mollie heares on the one ſide, on the toppe of the ſtem, being many times a mans height, is a bigge yealow flowre growing, in which the ſeedes are contained, and thoſe by feeling procure itch.

The roote within the earth reddiſh without, and white within, bigge, ſharpe in taſte, and ſweete ſmelling. The roote is digged vp at the beginning of ſommer, and ſlyced, dryed in the ſunne.

This eſpecially flouriſheth in the moneth of July.

The Elecampane may not be ſowen, in that the ſeedes beſtowed in beds proſper not, but rather ſet the yong buds broken tenderly from the roote in earth well dunged and laboured afore. And thoſe beginne to ſet in the moneth of February, well three foote aſunder, one from the other, in that thoſe ſend forth bigge leaues, and long rootes ſpreading in the earth.

The Phiſicke commodities of the Elecampane.

The Elecampane of qualitie heateth in the ende of the third degree, and moyſtneth in the firſt.

The ponder of the dry roote mixed with pure Hony, and vſed in forme of an Eclegma, amendeth the cough, the roote alſo of the Elecampane (artely prepared) defendeth the Lungs from euill humors, remoueth the ache of the Hyppes and ioyntes, and ſickneſſes proceeding of a colde cauſe.

This expelleth the groſſe hemors in man, and aſſwageth the ach of the Hucklebones, boyled alſo in wine, and mixed with Suger in the

the drinking, amendeth that hard fetching of breath by the neck especially holden vpright, and procureth vrine.

The ponder of the rote drunk in like maner sendeth downe the Termes, and this is profitably ministred against poyson, & the bite of venemous wormes and beastes.

The roote canded with honny or Sugar, is sayd very much to preuaile against the daunger of a pestilent ayre, being afore eaten, for which cause (the rawe roote of many) is eaten in the plague time.

The rote of the Elecampane, is canded after this maner, by plucking the rote out of the earth in the moneth of October, at what time the same is growne to a full ripenesse, which then is to be rubbed and clensed with a course heiry cloth, after this scraped faire with a sharp knife, and those rotes which are big, to be sliced into three or foure peeces so long as a finger, which after ỹ putting into a brasse chafer, to be tenderly boiled with vineger, but in such maner, as the peeces burne not to the sides or bottome of the chafer: within three dayes after the boiling, they are to be dried in the Sunne, and then bestowed into a newe earthen pot, well pitched about, on which a pleasant Cuite poured to soke them in, and store of the herb Sauerie pressed downe vpon them: which done, the mouth of the pot to be diligently stopped with a skin or thick parchment.

The rotes may otherwise be ordered in scraping them cleane, and after the cutting of them into two or three peeces, well a finger long, to let those steepe in water a hole day ouer hote embers, which done, to boile the peeces two or three times ouer, in almuch waighte of honny or sugar.

The conserue of the Elecampane rote, may be made by clensing and scraping the rote in the maner aboue taught: which done, to cut them into thinne round slices, letting them soke in water ouer the hote embers, for a long space, and to boile them vntill the licour bee all wasted, then to beate those in a stone morter letting them after to passe through a strainer or linnen cloth, this done to boile the whole with a like waight of honny or sugar, two or three times ouer.

All other rotes may in like maner be canded, and made into conserue, but farre pleasanter in the eating, if to the confection a quantitie of Sinamom be added.

The same also they name to be canded, when the rote or the thing canded, remaineth whole after the canding, but the conserue in a contrary maner remaineth not whole, in that the same is beaten small to the making of it.

The leaues of the Elecampane boyled in wine, and a plaister made of the same, applyed to weake and loose members, doth so much heate them, that in short time they recouer strength and health.

The Elecampane putteth away yre and heauinesse, comforteth the heart, and sendeth forth the superfluous humours by vrine: this also (after the mind of Hippocrates) causeth mirth.

The hearbe defendeth and preserueth the skin of the face, and like garnisheth the whole body with a continuall semelinesse, the wine also of the Elecampane made, heateth cold members, the same drunk orderly, helpeth all the diseases which are afore vttered.

Here note, that all wines boyled or made of the hearbs, do more preuaile in the morning, than at euening.

The Elecampane boyled with Pellitory, and mixed with oyle, applyed hote to the belly, ceaseth the gripings of the bowels, and the same applyed vnder the Nauell, remoueth & helpeth the strangury.

The worthy vertues of the distilled water of the leaues of the Elecampane.

The time answerable to the distillation is, that the hearb and rot shred togither, be distilled in the moneth of May.

This water drunke morning and euening, for fiue or sixe daies togither the quantitie of an egge-shell full at a time, expelleth the griefe of the stone.

The distilled water drunk in the sayd maner, or a quantitie bestowed in drinke, helpeth the person broken: the same also drunk, & the head annointed therwith, in such maner as the same may dry in, greatly comforteth the head.

The distilled water drunke morning and euening for certaine daies togither, comforteth and strengtheneth the stomacke, amendeth the hard fetching of breath, the cough, pleurisie, poyson, the stone, and termes in women.

The

The distilled water strengthneth the members annointed therewith, and the more by daily drinking thereof: this also expelleth the stone of the kidneyes and bladder, and the same cleareth the parts of the body, and causeth urine, by drinking of it morning and euening, for certaine daies together.

The commended vertues of the distilled water of the root.

THe roote of the Elecampane is to be distilled about the end of May, or from the Moneth of July, vnto September.

The distilled water of the same drunke many dayes together, vnto the quantitie of two or three ounces at a time, healeth an inner rupture: the distilled water drunk in the sayd maner, helpeth the stone, prouoketh the termes in women, asswageth the griefe of the stone, and prouoketh vrine: yea, this drunke in the aboue said maner, sendeth the dead youngling out of the mothers wombe.

The distilled water either drunk or applyed with linnen clothes wet in it, remoueth the swellings of womens places: the sayd water also drunke or applied with linnen clothes, asswageth the swelling testicles, and onely this drunk often, doth amend them.

The distilled water drunk sundry daies vnto the quantity aboue-sayd, both morning and euening, ceaseth the cough, and consumeth the grosse and clammy humours about the stomacke.

The care in the bestowing of the hearbe Pepperwort. Chap. 38.

THe Pepperwort is a seemely hearbe, yeelding leaues greater and broader than the Peache or Bay-tree, and those thicker, greener, and softer, the hearbe also growing a foote and a halfe, and sometimes two foote high, with a stiffe and round stemme, bearing on the top white and very small flowres, after these a small seede and long roote.

The leaues are soure, & bite in taste like pepper on the tongue, for which cause this is rightly named pepperwort: this groweth euery where in Gardens, and wel ordered in the ground, endureth for two

yeares

yeares, in certaine places also (as witnesseth Ruellius) it continueth grene ten yeares. It flourisheth or beareth floures in the moneth of June, or July, and next yeldeth the Sede.

The herbe Pepperwort ought to be set before the beginning of Marche, after the growing vp, to be clipped and cut like the Siues, but this not often: for after ỹ first day of November, the herb ought not to be cut, least it perisheth or drieth through the colde season ensuing. The herbe prospereth and continueth two yeares, if the same be well dunged about, and diligently weded.

The phisicke benefits of the herbe Pepperworte.

THe herbe of qualitie heateth and drieth in the third degree, as Brunsfelsius reporteth, but Galen affirmeth the Pepperwort to be hote, as the Cresses is, in the fourth degree, yet lesser dryeth than it, and the leaues of this herbe doth by propertie exulcerate: the nature also of the herbe, is to cut and extenuate the meate receiued, and clammy humoures.

The Pepperwort is not to be vsed or taken inwarde without milke, and it hath the like properties as the Cresses, which after the maner of condite thinges, must bee condited with milke and Salte. And the same may be made after this maner, by infusing the freshe leaues in newe milke: and after ỹ third day, ỹ whey pressed foorth. to which then grene Sauery, the drie sedes of Coriander, Dill, Time, and Parsely mixed, and diligently beaten togither, this well sodden and strayned, to adde so much salt as shall suffise.

Seeing the leaues possesse such a sharpnesse (as Dioscorides reporteth) that they doe exulcerate partes within, for that cause may they aptly serue vnto exulcerating in the paine of the hips, if after the bruising with an Elecampane roote, it be laide to the place a quarter of an houre. And this in the like maner lying to, allwageth the swelling of the Milt.

The roote beaten with barrowes grease, or with the Elecampane roote, and applied in plaster forme on the hip grieued, doth deliuer the ache in short time.

This amendeth the skinne of the face, by exulcerating, so that the same

same be after healed, with Oyle of Roses and war. And on such wise it easily taketh away foule scabbes and leaprie, and the markes of Vlcers.

The roote of the hearbe Pepperwort tied on the Arme, or hanged about the neck, is supposed to cease or allwage the toothache.

The care in the bestowing of the Celondine. Chapter. 36.

The Hearbe Celondine shooteth vp a foote and a halfe high, and sometimes is more slender of stemme, bearing manie leaues, and those like to the Crowfoote, but softer and to a yealowishe colour tending, yelding also a yelow floure like to the Violet.

The iuice in the hearbe of yelow colour like Saffrone, biting the tongue, sowre, somewhat bitter & strong sauouring. The roote aboue all one, but within the earth shedde into many yellowe hayrie roots. it commonly groweth in shadowie places, by walles and in stony heaps: this florisheth at the comming of the Swallowes, and all the Sommer, but it withereth at the daparture of them.

The Celondine commeth vp in any earth, yet doth the same more ioy bestowed in a shadowie place, and the seeds ought to be committed to the earth in the moneth of February, which after the comming vp, will endure for two yeres, if after the shedding of the Seedes, the stemmes be cut away, well foure fingers aboue the rootes.

The Phisick benefits of the Celondine.

The Celondine is of qualitie hotte and dry, in the third degree absolute: but Platearius affirmeth the hearbe to be hote and dry in the fourth degree. Foure things are preserued of this hearbe, as the leaues with the stemme, the rootes, seeds, and iuce.

The iuice of the hearbe boyled in a Copper vessel with honey on the coles, and dropped into the eies, procureth a clearnesse of them, and putteth away the dimnesse of sight.

The iuice mixed with salt Armoniacke, and dropped into the eyes remoueth the pinne and webbe growen on them, and causeth a clear-

nesse of sight. The hearbe with the floures diligently beate, boyling them after in water, and that water boiled, poure into a pot, setting the same againe ouer the fire, and well skimming it in the boyling: when the licour beginneth to saith ouer, straine it some after through a linnen cloth, which keep close stopped in a glasse or a pot to vse, for this dropped in the eies, remoueth the dimnesse of sight.

The iuice of the roote cleareth the leaprie, if any annointeth the places therewith, and the patient after taketh the Sirrope of Fumitorie for nine daies together, both morning and euening, which without doubt recouereth and helpeth the same.

The iuice is to be purchased in May, as well out of the rootes as leaues and floures beaten together, and pressed forth, which after the drying in the shadow, to be formed into litle pastries.

The roote of the Celondine, boyled in white wine with Annise seeds, and drunke fasting deliuereth the Jaundise through stopping in the bodie, and applied (after the boyling in wine) or chawed in the mouth, asswageth the toothache.

A handfull of the Celondine purged, boiled in an equall quantitie of Rose water, and strained, to which an ounce and a halfe of Triacle added, is a most effectuous remedie against the plague.

The roote boyled in wine, and applied in plaister forme on the Shingles or Tetters, spedely healeth them, the hearbe brused (as Plateanius reporteth) boyled in wine, and applied vpon, or a spunge wette in the saide decoction remoueth the Cholick passion. The pouder of the roote, sprinckled on woundes and vlcers, both clenseth and healeth them.

For the Canker of the mouth, bone, or sinewes, the pouder of the said roote, with the pouder of Roses wrought together with vineger, and boiled vnto a meane thicknes, like to mustard, and the cankerous parts annointed with it, doeth much auaile.

For prouoking of the Termes, and clensing the matrice, let a foment be often applied with the water of the decoction of the same.

The commended vertues of the distilled water of Celondine.

The time of gathering and distilling of the Celondine is, that the hearbe with the whole substance be small shred, and distilled in the

the middle of May.

The diſtilled water drunke vnto the quantitie of foure ounces at a time, both morning and euening, expelleth the yellow Iaundiſe: this drunke in the like maner, auaileth againſt the gripings of the belly.

The diſtilled water drunk in the aboue ſaid maner, mitigateth the ague, and remoueth ſcabbes cauſed of cold, if they often be bathed or ſoupled with it.

The diſtilled water drunke vnto the quantitie of two ounces at a time, either twiſe or thriſe a day, profiteth vnto the ſtopping of the liuer and milt.

The water dropped into the eies, correcteth the pinne and webbe, putteth away the rednelle of them, and cauſeth a ſharpe and readie ſight.

If the mouth be waſhed with the ſaid water, it ceaſſeth the toothache, and putteth away ſpots of the face, if the face be waſhed with this water.

The diſtilled water drieth and healeth a Canker, yea Fiſtula alſo, and remoueth peſtilent puſhes, if a linnen cloth wet in it, be applied on the places twice or thrice a day.

The care in the beſtowing of the hearbe of Filipendula. Chapter. 40.

The hearbe Filipendula groweth in ſtony and rough places, as on hils, bearing a leafe like to the wilde Parſenep, or Parſly, the ſtemme big, and a foote or ſomewhat more in heigth, yéelding on the toppe a white floure, in the moneth of July, after that the Séed like to the Drache, and a big roote, out of which many round heads or kernels grow.

The roote ought to be digged vp in the ende of haruell, which endureth for ten yeares.

The Filipendula commeth well vp in any earth, yet doeth the hearbe more ioy, being ſowen or ſet in a ſtony or graueliy ground: the Séedes require to be commited to the earth in the moneth of Aprii, and to be like ordered, after the ſhooting vp in the wéeding and watering as afore taught of the other hearbes.

The Phisick commodities of the hearbe Filipendula.

THe Filipendula of qualitie is hote and dry in the third degrée, which his vehement bitternesse, sufficiently declareth.

The séed, leaues, and stemme of the Filipendula, drunke in wine and hony boyled togither, send downe the after burden, and further the birth of the childe.

The rote of the Filipendula brought to pouder, and drunke in wine, not only helpeth the kinges euill and strangury, but the stone, paine of the kidneys, and ache of the hips.

The pouder of this rote taken in wine, remoueth the swelling and coldnesse of stomacke, helpeth the hardnesse of fetching breath, and such short winded, yea all sicknesses which procéed of a colde cause. The meale of this rote mixed with meat and giuen to eate, recouereth the falling sickenesse, by sundry daies vsing.

Against the hardnesse of fetching breath, take this pouder, & Gentian in like waight, and vse the same in meat, for this without doubt auaileth in short time.

The commended vertues of the distilled water of Filipendula.

THe chosen time for the distilling of it is, that the whole hearbe with the rote be finely shred togither and distilled in the end of May.

The distilled water of Filipendula, drunke vnto the quantitie of thrée ounces at a time, both morning and euening, recouereth the plague. The said water drunke vnto the quantitie of foure or fiue ounces at a time, auaileth against poison, if a man by hap hath either eaten or drunke poyson.

The distilled water drunke vnto the quantitie of foure ounces at a time, both morning and euening, dissolueth and cureth the stone of the kidneys, and bladder.

FINIS.

¶ A neceſſarie Table to the ſeconde part of this booke, breefly ſhewing the Phyſicall operations of euery hearbe and plant therein contained, with the vertues of their diſtilled waters.

A

ANgelica cureth poyſons, cleareth bloud, and preſerueth the body againſt the plague. fol. 162.

Angelica auaileth againſt the peſtilent aire, it recouereth all inward griefs, it helpeth ruptures, it amendeth the dimnes of the ſight, the bit of a dog, the heat of the feuer, deepe wounds, reneweth fleſh. &c. fol. 163.

Angelica aſſwageth the ache of the hips and the Goute, it cureth new and old vleers. fol. 163.

Artochoke reformeth the ſauour of the mouth. fol. 53.

Artochoke cauſeth vrine and veneriall act. fol. 53.

Artochoke amendeth the hardneſſe of making water and the ranke ſauour of the Arme pits. fo 53.

Artochoke ſtrengthneth the ſtomacke, & helpeth the priuy places, that men children may be conceiued.

Arage or Orage helpeth the ſtopping of the liuer, it ceaſeth the ſhedding of the gall or yelow Iaundiſe, it caſteth vp choller, ſoftneth the belly, healeth impoſtumes, ſwellings, ſwimmings, drawing of the wind ſhort, expelleth worms, prouoketh vomiting, helpeth a hot liuer, it looſeth the belly. & deliuereth the paine of the bladder, helpeth the ague, profiteth againſt ſpitting of bloud: it helpeth the matrice, draweth a thorne or naile out of the skinne: it looſeth rough nailes from the fingers, in helpeth the hote goute in the feete, it ſoftneth the belly beinghardned by heat, and remoueth ſwellings. fol. 18. 19.

B

BEete looſeth the bellie, prouoketh vrine, purgeth the body of euill humors: it helpeth the ſmelling, the paine of the eares, and of the gums, it procureth haire to grow and killeth lice, nittes, and dandrie: it healeth whelkes, bliſters of ſcalding and burning, gripinges of the bellie, ſtayeth a looſe bellie, drieth awaye the wormes of the rellie, helpeth the obſtructions or ſtoppings of the Liuer, the corrupted ſplene and the ſhingles. fol. 14. 15.

The diſcommodities of the Beete: it grypeth and biteth the ſtomack, and encreaſeth euill humors. fo. 15.

Bee e ſoſtneth the bellie, cureth the biting of a Scorpion, the beating paine of the temples: it profiteth the Oyle on the milt, it reſtraineth the tearms. fol. 17.

Borage procureth gladſomneſſe, it helpeth the giddineſſe and ſwimming of the head, the trembling and beating of the heart, it encreaſeth memorie, and remoueth melancholie, and the kings euil, it doth onely comfort.

Bugloſſe preuaileth for the roughneſſe of the throat and cough, it procureth gladſomnes, it purgeth red choller, it expelleth the noyſome humours of the lungs, it remoueth the ſwelling of the feete: it preſerueth a good memory, it comforteth the heart, & engendreth good bloud. fol. 28. 29.

Bucks horne helpeth the grieſes of the ioyntes, it bindeth, it putteth away the feuer. fol. 77.

Betony ſtayeth belching and rawneſſe

of the ſtomacke. fol.165
Bitonie profiteth the diſeaſes of the matrice, and all inward griefs. fo.165
Bitonie purgeth all poiſon: it profiteth frenſie perſons, falling ſicknes, palſy, ache of the hips: it helpeth digeſtion, ſtayeth vomiting: it expelleth the ague, &c. fol.165
Bittonie faſteneth broken bones, diſſolueth clotted bloud. fo.168
Bittonie ſtayeth the ſpitting of bloud: it helpeth the eyes bruſed, and the paine of them: it helpeth the pain of the eares: it cauſeth cleereneſſe of ſight, remoueth tooth ach, the quotidian, tertian, quattain ague, the griefe of the bladder, &c. fol.168
Bittonie aſſwageth the paine of the gout, &c. fo.169
Bleſſed thiſtle cauſeth vrine, helpeth the megrim, reſtoreth memorie and hearing, helpeth the diſeaſes of the lungs, purgeth fleume of the ſtomack and bloud, helpeth conſumption of the lungs, gripings, prouoketh ſweat, breaketh the ſtone, and helpeth the monthly Termes. It comforteth the braine and ſight, purgeth the bloud in the eyes, ſtoppeth the bleeding at the noſe, purgeth the Vuula and ceaſeth the ſpitting of fleume. fol. 158
Bleſſed Thiſtle helpeth a weake ſtomacke, procureth appetite, abateth heate, conſumeth euil bloud, prouoketh ſweate, ſtrengthneth the palſie members, recouereth the lungs exulcerated: it profiteth againſt the dropſie, helpeth the plague, impoſtumes, cankers and falling ſicknes, it is a preſent remedie againſt the plague, the feuers of the ſtomacke, and the quartaine: it cureth greene woundes, puſhes, ſwellinges of the plague, any burning, the chollicke, ſcabbes, a ſtinking breath: it helpeth womens priuities: it helpeth ſtitches, pleuriſies, and infantes incombred with the falling ſickneſſe. fo.150
Bleſſed Thiſtle expelleth poiſon with two examples. fol.160

C

Colewort helpeth the hardneſſe of making water, the canker ſores, the vlcers in the pappes of women, aches in the ioynts, hardneſſe of hearing. fol.9
Colewortes procureth the monethly courſe of women, it cureth the ſoreneſſe of eyes: it profiteth againſt the eating of venemous muſhromes: it maketh children to go ſpeedilier alone, cutteth the diſeaſe of the Splene and Iaundiſe: it cleanſeth the ſcurfe and leaprie: it amendeth the voice and griefe of arteries: it cureth the bite of a dogge, it helpeth the Reume and falling of the vuula: it helpeth the bit of a Serpent or Adder: it cureth the goute, ioynt ſicknes, old vlcers, purgeth the head, draweth the termes or reddes downe, and qualifieth inflammations. fol.10
Colewortes aſſwageth great ſwellings: it breaketh botches, ſtaieth the ſhedding of haire, the diſeaſe of the ſplene: it cureth eating vlcers, canker ſores, griefes of the flancks or ſides, head-ach, a drie cough: it drieth a moiſt belly. fol.11
Colewortes bringeth theſe diſcommodities: it hardeneth the bellie: it harmeth the fleumaticke, and women hauing the redde courſe on them. fol.11
Cheruill prouoketh vrine, and ſendeth down the terms in women: it looſeth fleume: it putteth away gripinges of the belly, it ingendreth winde: it killeth wormes in the belly: it healeth a canker: it ceaſeth ach in the hips: it recouereth the dandry of the head: it healeth running ſores: it healeth the

the bit of a madde dogge, it breaketh the stone of the bladder, and prouoketh vrine, it dissolueth the bloud gathered into knobs. fo.72.73.

Cheruil healeth impostumes behinde the eares, fol.73.

Cresses dryeth superfluous humours, it expeleth the dead youngling: it easeth the cough, and looseth the brest: it auaileth against the palsie of the tongue. fol. 73.

Cresses are not to be vsed alone fol. 73.

Cresses restraine the distillations of the head, clense the braine and paine of the head, helpe against the palsey, prouoke neesing, and amend the lythargie and sleeping out of measure: dryeth the vuula, helpeth infections of the head, as knobs and dandrie: stayeth the going out of the fundament, expelleth the round and flat wormes in the bodie, these help the griefes of the brest, the ache of hips, and griefe of the loines, purchase a readier vnderstanding, and wit, remoue the chollick proceeding of a cold cause, helpe the strangurie, remoueth the paine of the teeth, and dooth asswage the swelling of the milt. fo.73.74.

Carots amend a cold reume, the paine of the stomacke, stopping of vrine, and chollicke, a dry cough, the hard fetching of breath, the fluxe of the head, remoue wind, heat the stomack helpe the stopping of the liuer, the vexing of the belly. fo.118.

Ciccorie cureth scabbed places, causeth a faire skin, recouereth the stopping of the liuer, it purgeth the matrice: it helpeth the liuer, the vexing paine of vrine, the kings euill, the plague, burning agues, pestilent pushes, the gout proceeding of heat, and cureth the shingles. fol. 56. 57.

Celondine, the iuyce of the hearb cleareth the eyes, remoueth the Pinne and webbe, being mixed with salte Armoniacke. The hearbe remoueth the dimnesse of sight, the iuyce clenseth the Leaprie, the roote draweth away the laundise, and helpeth the tooth-ache, and healeth Tetters or shingles: the hearbe remoueth the chollicke passion, the pouder of the roote clenseth and healeth vlcers, healeth the Canker of the mouth, bones or sinewes being annointed with the same, boiled in vineger with the pouder of Roses. fol. 78.

Celondine boiled in Rosewater, and a quantitie of Triackle added to the same, is a most effectuous remedie against the plague. fal 178.

Filipendula is of qualitie hote and dry in the third degreee. fol. 180.

The leaues and stemme of the Filipendula drunk in wine and hony mingled togethe r, helpe the after burthen, and furthereth the birth of the child: the roote brought to pouder, helpeth the kings euill and strangurie, the stone, paine of the kidneyes, and ache of the hippes. Taken in wine, it remooueth the swelling and coldnesse of the stomacke, hardnesse of fetching breath and all sicknesses proceeding of colde causes. fol. 179.

The water of Filipendula beeing drunke Morning and Euening, vnto the quantitie of three ounces at a time, recouereth the plague. The same also being drunk foure ounces at a time, is good against poyson, and also dissolueth and cureth the stone of the kidneyes and bladder. fol. 180.

E

ENdiue preuaileth against the stopping of the liuer and milt, against the simple & double tertian, against the heat of the liuer, against burning impo-

impoſtumes, it draweth hot puſhes, it cureth the Cardiacke paſſion, it ſtayeth the flix, it helpeth the kings euil, the ſhingles, hote impoſtumes and ſwellings, aſſwageth head ach. the ſpitting of bloud, the exceſſe of ſperme. fol. 57. 58.

Elecampane amendeth the cough, the ache of the hippes, expelleth groſſe humors, ceaſeth the hard fetching of breath, it procureth vrine. &c. fol. 172.

Elecampane is profitable againſt poyſon, againſt the peſtilent ayre and plague. &c. fol. 173.

Elecampane recouereth ſtrength and helpeth the ſtrangurie. fol. 174.

G

GArlike heateth the bodie, extenuateth groſſe humours, it expelleth wormes, cureth the bit of a Snake, taketh away blacke and blew ſpots, fol. 100.

Garlike harmeth the Cholericke perſon.

Garlike putteth away inward ſwellinges, openeth impoſtumes, killeth lice and nits of the heade, moueth vrine, helpeth toothach proceding of a cold cauſe, ſtayeth the ſhedding of haire, cureth vlcers, remoueth lepry, procureth a cleare voice, and remoueth an old cough, correcteth the ſtomack, cooled dryeth vp the moiſture of the ſtomacke, it is a preparation againſt the bit of a ſerpent, relieueth the dulneſſe of ſight, healeth tetters & whelks it reſiſteth poyſon, remoueth vrine, procureth Terms, draweth downe the after burden, cureth the bit of a mad dog, helpeth the digeſtion of the ſtomacke, the kinges euil, frenſie perſons, dropſie, it ſtaieth the fluxe, an old cough proceeding of a cold cauſe, it helpeth woormes, in children, expelleth the broode wormes in bodies, it cureth the bitte of venemous things the ſwellinges of the bladder. healeth vlcers of the lungs, dropſie being of a cold cauſe: it helpeth the griefes of the lungs & dificultie of vrine, headache, toothache proceeding of a colde cauſe, itche, the paine of going often to the ſtoole, expelleth a quartaine, cureth the pippes of hennes, it helpeth the ſtone. 100. 101. 102. 103.

Garlike profiteth againſt contagious ayres.

Gourd comforteth the ſtomack, loſeth the bellie, helpeth the heate of the eares, profiteth leane men, purgeth gently, helpeth the corns of the toes, faſteneth looſe teeth, and helpeth the toothache, the inflammations of the liuer and bladder, impoſtumes, prouoketh vrine, helpeth all agues, aſſwageth the heat of the liuer, the inflammations of Infantes heades, the burning gout, the inflammatiõs of the eyes, aſſwageth rumors, vlcers on the priuie places, looſeth the bellie, cooleth burning feuers, helpeth the ſhingles. fol. 148. & 149.

L

LEeke cureth the bit of a venemous beaſt, helpeth the difficulties of making water, ſtayeth the ſpitting of bloud, dulleth the ſight of the eyes, offendeth the ſtomacke. fol. 86

Leeke iuice ſodden, draweth downe the Termes, procureth vrine, obtaineth a ſuperfluous heate, ſtayeth the bleeding of the noſe, cauſeth vomiting, and putteth away drunkennes being eaten raw. fol. 86.

Leeke amendeth an old cough & the vlcers of the lunges, healeth puſhes the griefe of the eares and the toothache: it purgeth vlcers, remoueth the bloude clotted in bruſed members, ſtayeth the fluxe of bloud after birth, ceaſeth the bleeding of the noſe, profiteth againſt paines of the hippes, coue-

macke, ceaseth an old cough, helpeth the dropsie, staieth the flix of the belly, and helpeth a hoarse voice. fol.87
Nero accustomed to eate an vnset lecke with oile for his sousding voice. fo.87
Leeke helpeth the paine of the head, it preuaileth against the exulcerations of womens priuie places, looseth the difficultnesse of making of water, aydeth the deliuerie of the childe, for the spitting of bloud and staying the bleeding of the nose is very profitable, clenseth the wounds, helpeth the ache of the hips, recouereth the wasting of the lungs. fol.87.88
Lettuce procureth sleepe, causeth good bloud, helpeth digestion, looseth the belly, causeth plentifulnesse of milke in the breastes, sharpneth the sight, cooleth impostumes, helpeth the dropsie, cureth the shedding of sperme, procureth sleepe being laide vnder the couerlet, and profiteth cholericke persons. fo.63
Lettuce is noisome vnto married men: it dulleth the sight of the eies, it abateth the veneriall act, it harmeth the sleumaticke: the ouermuch eating of Lettuce is as perillous as Hemlocke. fol.64
Lettuce helpeth the Tertian ague, it looseth the belly, it represseth drunkennesse. fol.64
Lettuce procureth sleepe. fo.65
Louage helpeth digestion, expelleth superfluous humours, it ceasseth inward griefs, it expelleth poison, causeth vrine, &c. fol.170
Louage expelleth the stone of the kidnies and bladder, &c. fol.171

M

MArigold helpeth the after burden of a woman, stayeth the fluxe of pissing of bloud, it killeth the worms it healeth pushes, & stoppinges, and griefes of the liuer, comforteth the stomacke, and procureth appetite to meat, heateth a cold brest, assuageth the paine of the teeth, it recouereth the palsie, and fit of the plague: is a preparatiue against the plague, it helpeth the quartaine, it helpeth the milt or colde stomacke fol.32.33
Mintes vncurdeth milke. fol.42.
Mintes staieth the belching of the stomacke and vomiting, it profiteth against the long wormes in the body, it helpeth the swolne priuities, assuageth the fluxe of the bellie, and scouring with bloud, it staieth the reddes in women, it healeth vlcers on the infants heades, quickneth the spirites, bringeth appetite, amendeth the default of the nosthrils, retaineth the fluxes of bloud, softneth the pappes, and defendeth them from mattering, it looseth the belly, procureth a seemely colour, profiteth the spitting out of bloud, assuageth the head-ache, and the noyse in the eares, it temooueth the dimnesse of sight, it amendeth the strong sauour of the mouth, it helpeth the teeth, and purgeth the gums, and healeth the blistering of the tongue, it comforteth in cold sicknesses, it stayeth the will to vomit, and helpeth the shingles, it dissolueth and cureth impostumes, and helpeth the spottes in the eies. fol.43
Mallowes or Holihoke remoue a hote cough, recouereth the lunges blistered, and is a singuler remedie against the consumption of the lungs, healeth the putrified sores of the throat and mouth, looseth the belly, and helpeth the hoarseneesse of the voyce, it ripeneth anie impostume and softeneth it. fol.44
Mustard seede heateth and ripeneth, it breaketh impostumes without pain, it cureth the biting of a venemous beast, it helpeth the palsie of the tongue, and auaileth against al palsies, it helpeth the dropsie, the bli-

ſtering of the mouth, the ſwelling of the throate, it procureth a good memorie, it helpeth the cold gout, ſciatike, and feebleneſſe of ſinewes, it remooueth the dimneſſe of ſight, and putteth away the ſpots and webbe in the eyes, it cauſeth thirſt, and prouoketh the veneriall act. fo.79

Muſtard-ſeede preuenteth the falling ſickneſſe, it purgeth the braine, it clenſeth the braine from humours, it amendeth the fall of the vuula, and vlcers of the throate, it draweth downe fleume from the head, it remooueth the ſwelling of the lawes, it helpeth the ſuffocation of the matrice, it ceaſſeth the ach of the teeth comming of colde, it breaketh the ſtone in the bladder, and procureth the Termes, it cauſeth a cleere voyce. fol.79.80

N

NAuewes nouriſhe much profite the Stomacke, encreaſe Sperme in man, preuaile againſt poiſon. Folio. 133

O

ONions maintaine health, cure vlcers, remooue ſpottes in the bodie, profite the eares running, help ſwellinges in the throate, and the cough, remooue the griefe of the ſtomacke, open pilles, cleare the eies, remooue the pin and web, amend the bloud-ſhotten eies, recouer the haires ſhed away, the biting of a madde dogge, &c. fol.93.94

Onions eaten rawe harme the members. fol 93

Onions harme the Chollericke, and profiteth the fleumaticke perſon, folio. 94

Onions ſtay the dropping of the eyes, helpe vlcers of the pituities, paine andnoyſe of the eares, Diſenteria, griefe of the Loynes, the water betweene the fleſh and the skinne, cure ſlumbering, and impoſtumes, paine of the breſt, ſpitting of groſſe humours, purgeth the ſtomacke, cureth wartes. fol.94

Onions often vſed, engender euill humours, procure thirſt, ſwellinges, windineſſe, head-ache, cauſe to become fooliſh, they nouriſh nothing. Folio. 94

Onions twice ſodden nouriſh. Folio. 65.

Onions eaten rawe cutte groſſe humoures aſunder, open the vaynes, prouoketh Termes and vrine, encreaſeth appetite, purge the heade, remooue the white ſpottes on the face, heale kibes, remooue the redde and wanne ſpottes of the face, healeth ſcabbes, aſſwageth fluxes and gripinges in chidbed, heale impoſtumes ſpeedily. fol.95

P

PImpernell is eſpecially applied for poyſon, it driueth venemous bloud from the heart, it ceaſeth the head-ache, it healeth a greene wounde, vlcers and other woundes, by experiment tried vppon a cocke: it mooueth ſweate, expelleth poiſon, remoueth the diſeaſe of the hippes, the cough, and purgeth the breaſt, the ſtone of the kidnies and bladder, and remooueth the ſtrangurie: the gripinges of the bowels, the ſtopping of the liuer and milte, it putteth away any feuer: an experiment againſt the Ptiſicke of the Luuges. fol. 26

Parſely doth incarnate Vlcers and Carbuncles, it doth reſolue the impoſtumes of the pappes, it amendeth the ſtopping of the Liuer, it prouoketh vrine, it ſtaieth looſeneſſe of the belly, ſtrengthneth looſe parts and helpeth the ſtone, it healeth the ſhingles, the hardly making of water,

ter, and ſoftneth the hardneſſe of the paps: It healeth the kidneyes, remoueth vlcers out of the mouth, and Iaundiſe, and helpeth womens monthly courſe: it is delectable to the ſtomacke, it expelleth winde in the bodye, remoueth ſcabbes, and maketh a faire skinne: It helpeth the ſwelling of the ſtomack & dropſie, it clenſeth the liuer and Leaprie, and remoueth the paine of the Loins and bladder, it preuaileth againſt a feuer, it procureth a ſound braine and perfect memorie, and purgeth the bloud, aſſwageth the ſtrangurie and helpeth the biting of a madde dog. fol.37.38.

Parſeleye Seedes are the principall cauſes, the Rootes the next, the leaues as third in working. folio. 39.

Purſelane aſſwageth hotte and Cholericke fluxes, and helpeth the burning feuer, helpeth the teeth beeing on edge, helpeth the Shingles, hindereth veneriall act, and abateth ſleepe, it expelleth the wormes in the bellie, it ſtayeth the fluxe Diſenteria, ceaſeth the toothache, it helpeth the ſtomacke ſwollen, it cooleth inward heate, amendeth the vlcers on the priuities, it healeth an hotte impoſtume, it remoueth the vlcers of the head.

Purſelane helpeth ſwollen eyes, and ſpitting of bloud, it remoueth the burning feuer, it qualifieth the heat of the ſtomacke, it ſtayeth womens monthly courſe, it ſtayeth the bleeding at the noſe, and the headache, it extinguiſheth the heat of the eyes, it ſtayeth Diſenteria, it ſtrengthneth both the kidneyes and bladder, it helpeth burning Feuers, it killeth the wormes in the bellie, and ſtayeth the ſpitting of bloude, it helpeth excoriation in womens bowels, and the rawneſſe of priuie places, it helpeth the headache, it mitigateth a furious heate, it helpeth the nauels of infants, it ſtayeth the looſe teeth in the head, it aſſwageth the kernels and vlcers in the mouth, it mitigateth the deſire of often drinking, it remoueth wartes, it aſſwageth the goute and inflāmation of the paps, the fall of the vuula, &c. fo.68.69.

Parſenep and Carote moueth veneriall acte, procureth vrine, and aſſwageth the Cholericke, ſendeth downe the Terms in women, it profiteth the Melancholike, encreaſeth good blood, helpeth the ſtraightneſſe of making water, amendeth ſtitches of the ſide or pleuriſies, the bitte of a venemous beaſt, it amenneth the eating of vlcers, the wearing of this roote is profitable.

Poppy procureth ſleepe, helpeth the Reume, cough, and lacke of ſleepe. folio. 129.

Poppy recouereth a dry cough, conſumption of the Lungs, Reume, and debilitie in ſleeping, it drawerh heat out of an vlcer, helpeth a hote liuer, ſtrengthneth the Iointes, remoueth the rage of the gout, profiteth againſt the ague. fol.130.

Pompons or Mellons, are eaſie of digeſtion, comfort the heart, aſſwageth vnnaturall heates in the ſtomacke, they take away ſunneburning and foule ſpottes. fo. 154.

Pompons profite the fleumaticke and Cholerike perſon. fol.154.155.

Pompons which are round, looſe the belly, and cauſe vrine. fo. 154.

Pompons aſſwage the running of the eyes. fol. 155.

Pompons mitigate the veneriall acte, clenſeth the skinne, cauſeth vrine, purgeth the loynes, kidneyes, and bladder, heale vlcers, and cauſe ſpeedy boyling.

swelling in the throat. fol.124

R

ROcket encreseth the sperm, causeth veneriall act, causeth a giddinesse and paine in the head, encreaseth a strong heat, is hurtfull to the head, encreaseth milke in women & nourses, causeth vrine, softneth the belly, comforteth the stomacke, helpeth digestion, recouereth blacke scarres vnto whitenesse, amendeth pimples or pushes in the face, killeth nittes and wormes of the head, helpeth brused bones, and bitinges of venemous beasts, the iaundise, and hard swelling of the milte, &c. fol.69.70

Rapes or Turnup sharpneth the sight, yeeldeth norishment, extinguisheth heate and drie bloud, it stirreth veneriall act, cureth scabbes, helpeth digestion, hote goutes and kibed heeles. fol.116

Radish eaten before or after meat causeth winde, dulleth the braine, eyes and reason. fol.122

Radish profiteth the fleumaticke, helpeth the stone, stopping of the vrine by grauell, procureth vomiting, staieth belchinges, the kings euill, the cough, profiteth against poison, and to the handling of serpentes, it helpeth the noyse of the eares, the stopping of the liuer, it auaileth against all sortes of poisons and diseases, it cureth strokes of whippes or bruses, it cleereth scarres and pimples in the face, it deliuereth the quartaine ague. fol.123

Radish profiteth against the stopping of the milte, it deliuereth the water betweene the skin, and swolne milt, it eateth out the canker of vlcers, amendeth the old cough and fleume, it procureth vomitinges, it causeth mushromes to digest, it helpeth gripings in women, procureth milke, sendeth downe the Termes and wormes in the bellie, assuageth the

S

SAffron amendeth the hard fetching of the breath, procureth a faire colour, comforteth the heart, causeth healthful bloud, remooueth poysons from the heart, causeth long breath, expelleth infections, helpeth impostumes in the breast, moueth the venerial act, and causeth vrine, helpeth head-ach, procureth the terms, remooueth the yellow laundise, it profiteth an vlcered brest, stomacke, liuer, lungs, kidnies, and bladder, it helpeth the gout, impostumes, swellinges, the griefes of any sore, feeblenesse of the heart, palsie, the griefe of the eies, the distilling of eies, remoueth drunkennesse, and diseases of the eares. fol.110.111

Sperage helpeth the palsie, kinges euil, strangury, a hard milte, and stopping of the liuer, it recouereth the shedding of the gaul, it remoueth the swelling of the belly, and cholick, it procureth vrine, and dissolueth the smal stones in the bladder, it helpeth the griefes of the womens priuie place, it profiteth against the stinging of Bees it helpeth the hardly making of water, the paine of the gummes, teeth, mouth, breast and chine of the backe, it remooueth veneriall act, and looseth the belly, the dropping paine of the vrine, the difficultnesse of the same, the flix Disenteria: It cleareth the kidnies, and stopping of the liuer. fol.22.23

Spinage softeneth the belly, moysteneth the bodie, remoueth the griefs of the breast and lunges, it profiteth in hote causes, it nourisheth more than Araga, it assuageth the Choler, it helpeth the soreneesse of the throate, hoarse voice, the hardnesse of breath, the cough, &c. fol.24

Sorrell procureth appetite to meate,

preser-

preserueth against the plague, it ripeneth sores, it asswageth the flixe Diseuteria, the paine of the belly, & abortment of the stomack, it helpeth the leapry and Ringwoormes, and rough nailes, the itch of the body, the paine of the eares and teeth, the kings euill, the head-ach, any sickness comming of heat, Iaundise, the reds of women, all fluxes of the belly, the swelling of the milt, the burning of the feuer.

Strawberry leeues helpeth hote impostumes, fo.77.

The Strawberry amendeth the hardnesse of the splene, the stone, healeth wounds and vlcers, procureth the termes, staieth the bloudie flixe Disenteria, and causeth vrine, it helpeth inflamations of the Liuer, and clenseth both the kidneys and bladder, it helpeth aches, & prouoketh vrine: it fasteneth the Teeth, and stayeth the reume: it is good for cholericke stomackes, it putteth away the impostumes of the throat, it remooueth the rednesse and pimples which happen on the face through the heate of the liuer, it asswageth the rednesse of the eyes, the iaundise, fetching the wind short, & cooleth thirst. fo.78.79.

Scalions or squill Onions, mooue veneriall act, cut the tough matter in the stomacke. 106.

Squill Onion amendeth the dropsie, the fetching of wind hardly, the defaults of the liuer, the ague, exulcerations, purgeth fleumes, and the bellie, causeth vomiting. 107

Squill Onions amendeth the hard fetching of breath, an old cough, griefes both of liuer and lungs, expelleth woormes, melancholy, Apoplexie, falling sickneſſe, the stone, purgeth the matrice, cureth the ache of the hips, tasteneth the teeth, amendeth the sauour of the breath, helpeth the hearing, driueth away warts, chappes of the feete, running scabbes, the dandrie of the head, the bite of serpents, procureth haire to grow, amendeth the foule gummes, the sight of the eyes, griefes of the sides, expelleth all diseases of the body: also it killeth mice, &c. fo.10.

T.

Time remooueth ioint sickneſſe, purgeth Choller and humoure, it helpeth the passions of the bladder, the swelling of the belly, it remoueth the griefe of the hippes. loines, & sides, it amendeth the breast, and the inflammations of Hipochondria, or the flanckes, it helpeth melancholie, blearenes of the eyes, and the paine of them: It asswageth the griefe of the colde gout, the stifnes of limmes, it asswageth the swellings of the Testicles, it purgeth the bowels, it helpeth the hard fetching of breath, and falling sickneſſe, it breaketh the stone of the kidneys & bladder, it helpeth the stinging of a bee. fo.40.41.

Blacke time is not to be vsed. fo.41.

Time which hath a purple floure, is commended: all Time is mightily hote. ibidem.

Time healeth the bite of an Adder, or snake, it helpeth the spitting of blood, it stayeth the Reume comming of a cold cause, it easeth the cough and a cold stomacke, the head-ache, frensines, Letharge & often slumbering, it openeth the stoppings of the Liuer and milt, and mooueth vrine, it recouereth the bittes of venemous beasts, it helpeth the swelling in the throte, the cough, and purgeth the breast, it stayeth bloody vomitings, it heateth the stomack, it remooueth winde in the bowels, it ceaseth the strangury, it moueth vrine, and expelleth the stone. fol. 39.

V

VAlerian prouoketh ſweat, and vrine, amendeth ſtitches, killeth mice, moueth the terms, preuayleth againſt the plague, helpeth the ſtraightneſſe of breath, the head-ache, fluxes, and Shingles, procureth cleareneſſe of ſight, and healeth the pyles. fo. 164. 165.

W

WAter of the hearbe Valerian diſtilled amendeth vlcers, old ſores, ſwellinges, piles, bones broken, ruptures: it cleareth the eies, expelleth wormes: it profiteth againſt a peſtilent aire, impoſtumes and ach of the hips: it prouoketh ſweat, &c. fol. 165.

Water of the rootes of Valerian diſtilled, remooueth poyſon: the Quotidian ague, and ſtitches. fol. 198

Water of white poppie diſtilled, cureth the red ſpots of the face, procureth white handes: it helpeth the head-ache proceeding of heat: it extinguiſheth any heate. fol. 131

Water diſtilled out of Gourdes, looſeth the belly, ceaſſeth thirſt, the cough helpeth the ſtone, purgeth the kidnies and bladder, qualifieth burning feuers. fol. 150

Water of mellons diſtilled, helpeth the ſtone, procureth vrine, clenſeth the kidnies, cooleth the liuer, ceaſeth thirſt, breaketh the cough, expelleth heates and ſwellings. fo. 156

Water of the bleſſed Thiſtle diſtilled, putteth away head-ach, comforteth memorie, helpeth giddineſſe and all griefes of the eies, conſumption of the bodie, breaketh the ſtone, cureth burnings. fol. 160

Water of the leaues of Elecampane, expelleth the griefe of the ſtone, helpeth the perſon broken, comforteth head, ſtrengtheth the ſtomacke, amendeth the hard fetching of breath the cough, pleuriſy, poiſon, the ſton, and Termes of women cauſeth vrin, &c. fol. 172

Water diſtilled out of the roote of Elecampane healeth an inner rupture, aſſwageth the grief of the ſtone, prouoketh vrine, it ſendeth the dead yongling out of the belly, it aſſwageth the ſwellings of the Teſticles, it ceaſſeth the cough, &c. fo. 176

Water of Strawberrie leaues diſtilled, remooueth the kings euill, it looſeth the breſt, purgeth the lungs, helpeth the cough, clenſeth the leapry: it mitigateth the heate in the eies, it ceaſeth ouermuch ſweating, it is healthfull for the ſtopping of the liuer. fol. 82

VVater of Muſtard-ſeedes diſtilled, amendeth vlcers of the gummes, it helpeth the conſumption of members: it heateth the marrow in the bones, this water profiteth againſt a colde diſeaſe in the ioyntes. fol. 82

VVater diſtilled out of Leekes remedieth the ſpitting of cold bloud: it profiteth a barren woman, it ſtayeth the bleeding of the noſe, it helpeth a coſtiue belly and ache of the hippes, purgeth the kidnies and bladder, procureth vrine, expelleth the ſtone, healeth wounds: it profiteth exulcerations and fracture of womens places. fol. 88. 89

VVater diſtilled out of onyons, recouereth ſwellinges cauſed by the bite of a madde dogge, aſſwageth head-ach and tooth-ache, cauſeth haires to grow, expelleth wormes. fo. 95

VVater diſtilled out of Garlike, helpeth the ſwellings in the throate: alſo the greene ſickneſſe, and ſwelling of the ſplene. fo. 104

VVater diſtilled out of Rapes, helpeth gallings, burnings, ſcaldinges, ſwellings of the feete. fol. 117

VVater diſtilled out of Radiſhe, helpeth

eth digestion, the kings euill, worms of the belly, clenseth the stomack: it openeth all manner of stoppings, extenuateth the humours in the lungs, clenseth the breast, causeth a cleere voyce. fol. 125

Water of Radishe recouereth poysoning taken in meate or drinke, helpeth the Quartane, draweth down Terms, and helpeth the stone: asswageth the stinging of the Bee, profiteth against the venom of a spider, helpeth the pricking in the side, cleareth the eies and the face: it remooueth yellow or blackish spots by beating: also the swelling of the throat, and cleareth the kidnies, breaketh the stone, and causeth vrine, and expelleth the water betweene the skin. fol. 125

Water distilled out of Parsneps, helpeth the palsie, mooueth the veneriall act, and encreaseth the sperme, helpeth the painfulnesse in making of water. 128

Water distilled out of the roote of Lonage, helpeth an inner rupture, helpeth the stone, prouoketh the Terms in women, remooueth the swellings of womens places, and ceasseth the cough. &c. fol. 171

Water of Coleworts stayeth womens reddes, it profiteth the birth of a child, the dropping of the vrine: it staieth a loose belly. fol. 12.

Water of the red Coleworts softneth the belly, putteth away the giddines of the head, helpeth the Apoplexie, the Cramp, palsie, inflammations, swellings, Vlcers within the bodie, and without. fol. 12. 13

Water of the white Beete, preuaileth against the stone, it ceasseth the vexing paine of ioynt aches. fol 15

Water of Sorrell preuaileth against the plague: it remooueth all inward heates, ceasseth thirst, helpeth the liuer and milte: also remooueth the shingles, scaldings, or burning, the kings euill: it cooleth the burning heate of agues. fo. 27

Water of pimpernell helpeth the stone of the kidnies and bladder, and purgeth the rains: it helpeth the plague, profiteth women whose matrice is cold, and sendeth down the reds: it helpeth the shaking of the members: it expelleth griefe from the heart, & euill hûmours, and prouoketh vrine: it profiteth against poison, and causeth a white skin. fol. 27

Water distilled out of Borage asswageth the gripings & swellings of the belly: it cureth Disenteria, and hardnesse of fetching breath: it comforteth the heart and braine and rendereth a helpe to memorie and wit: it purgeth ill bloud and frenfinesse: it easeth the stinging of a Bee or Spider: it procureth cleernesse of sight: it remooueth the ringing and paine in the eares: it comforteth the heart: it helpeth the Reume, burning Feuers and Iaundise: it cooleth the liuer: it helpeth the flixe Disenteria, the painfull fetching of breath, and decay of minde the weake braine: it purgeth the bloud and pricking about the heart and breast: it clenseth the leapry and scabbes and stayeth the stilling of the head, the head-ach, the burning of the eyes, the ringing of the eares. fol. 30. 31

Water of Marigoldes distilled, recouereth all defaultes of the eies and procureth cleere eyes, and also putteth away the griefes of the head fol. 33

Water of Parsely distilled, profiteth against the stone of the kidnies and loynes: it purgeth the kidnies and bladder, and greatly prouoketh vrin. fol. 33

Water distilled of running Tyme, strengtheneth the head, braine, and stomacke: it also procureth appetite

to meate, it remooueth the noise and rumbling of the belly, it softneth the hardnes of the stomack and moueth vrine, it comforteth the sight, and consumeth distillations of the head, it helpeth a quotidian ague, it amendeth a cooled Liuer and Milte, and healeth the bowels exulcerated, it openeth the stopping of nosthrils and eares, it restoreth hearing, helpeth giddines, staieth desire to vomit, and expelleth the gripings of the belly, it breaketh the stone, and moueth vrin, it cureth brused members. fol. 40

VVater of Marigoldes or holihocke distilled cureth the breaking out of the mouth, as also the outward and inward heates, the Shingles, vlcers, and all swellinges, it cureth all inward heates of feuers, it cooleth all impostumes of the lungs, and sides, it mitigateth the flux Disenteria, the hote swellings of womens places, the kidnies & bladder, it expelleth the stone, it procureth sleepe in a hot Feuer, & ceaseth thirst. fol. 44. 45

VVater of Mints distilled, strengthneth the stomacke and digesteth the meat receiued, it helpeth the stopping of the liuer and mylte, it openeth the wayes of the vrine, it procureth an appetite to meate, it stayeth belching and vomiting, it recouereth a stinking breath, and putrified gummes, it stayeth sounding and giddinesse, it purgeth the matrice, it dissolueth the milke courded in hard pappes, it healeth ruptures within, it restoreth the vuula fallen, it healeth the scabs of children, it helpeth wormes, and heateth a cold stomacke. fol. 45. 46

VVater of Cichory cooleth the heate of the stomacke, it preserueth from the plague, it cureth carbuncles, it stayeth the rising of the lungs, and stoppeth the flixe Disenteria, it openeth the stopping of the lyuer, it helpeth the swelling of the vuula and throat, helpeth wasted members, & the biting of venemous beasts, helpeth the vlcers in the eyes, and the dimnesse of sight, the pinne and web &c. fol. 58

Water of Lettuce distilled profiteth the liuer, it cooleth the bloud inflamed, it staieth the flix Disenteria, it amendeth trembling of members, & helpeth sleep, it helpeth women lacking milke, it ceasseth a drie cough, it mollifieth the throate, cleanseth the breast and lungs, ceasseth thirst, tempereth heate of the stomacke, lyuer & kidnies, it looseth the belly. fo. 65.

VVater of Cheruil distilled, helpeth me burstен and hurt by grieuous fal, and resolueth the bloud clotted in lumps, it profiteth against the stone of the kidnies, it looseth the belly: it procureth a good stomack, comforteth the heart, putteth away shaking of the feuer, is healthfull for the head, and comforteth the senses, it remooueth the paines of the lungs. fol. 75

VVater distilled of Strawberries, amendeth an vnnatural heat, ceaseth thirst proceeding of the liuer, or of choller, it cooleth the liuer, looseth the breast, refresheth the hart, purgeth the blod, helpeth the kings euill, prenaileth against the stone, loynes & kidnies, it cureth blisters in the mouth, it procureth womens Termes, helpeth a broken legge, healeth al foule legs, it cureth filthy wounds, and asswageth swellings of the face, helpeth the lepry, purgeth bloud, remooueth spots out of the eies, & comforteth nature, expelleth poisons, asswageth burning humours and comforteth conceptiō, staieth watring in the eies, & cooleth heat in them, restoreth a dim sight, it cureth pimples in the face. fo. 81. 82

VVater of Betony distilled, putteth away dropsie, iaundise, & ague, cureth diseases of the kidnies & milt. fo. 196

FINIS TABVLÆ.